



# Youth 2000 Project Thriving Transitions Project

Supporting young people to broaden their horizons and realise their potential.

# Who We Are!

## **We are a community-based charity.**

- In operation for 25 years
- Set up by the local community
- We provide universal youth work services, using an informal, service user led approach.
- We support over 500 young people and young adults each year.
- All of our services and supports have been developed with our young people, responding to their identified needs and wishes.



2B Bogwood Road, Mayfield, EH22 5DY

**Y2K Youth Project**

# THRIVING TRANSITIONS

**WEEKLY DROP IN, MONDAYS  
6-8PM FOR YOUNG ADULTS 16-  
21.**

Thriving Transitions in is open to all 16-21 year olds! Take part in fun activities, meet new people and develop important life skills through a wide range of workshops and activities.

Free wifi and computer access is available!! To find out more call us on 01314549805 or just drop in to the Y2K project!!

**FREE HOT MEAL AT EACH SESSION!!  
FREE TO ATTEND**

## The Start of Thriving Transitions

**We recognised the need for support for young adults 16-21.**

- After the pandemic we seen an increase in young adults seeking support from Y2K.
- Young adults were seeking supports after being impacted by issues such as homelessness, isolation, relationship breakdowns and low self esteem.
- The Cost-of-living crisis contributed to these issues arising.
- Young adults shared that they felt adult services did not meet their needs and that they felt more comfortable accessing youth work services for the support they required.
- We worked with young adults to develop how a project would look for them.

# What young adults said...

**We carried out consultations and planning sessions with young adults. The results were as follows:**

- **Young adults wanted a space they could access informally, where they could meet other people in similar situations.**
- **Fun, creative and informal approach. Workshops and activities that helped them develop life skills.**
- **They did not feel confident to access social groups in their communities that were accessed by older adults.**
- **They felt that youth work approaches felt most relevant for them**





# Project aims

**The Thriving Transitions Project aims to:**

- **Provide a consistent, inclusive space for young adults to meet and learn.**
- **Support service users to increase their support networks and support each other.**
- **Create opportunities for service users to develop the skills, confidence and knowledge required to have a positive transition into greater independence.**
- **Reduce feelings of isolation.**
- **Improve the overall health and wellbeing of participants.**



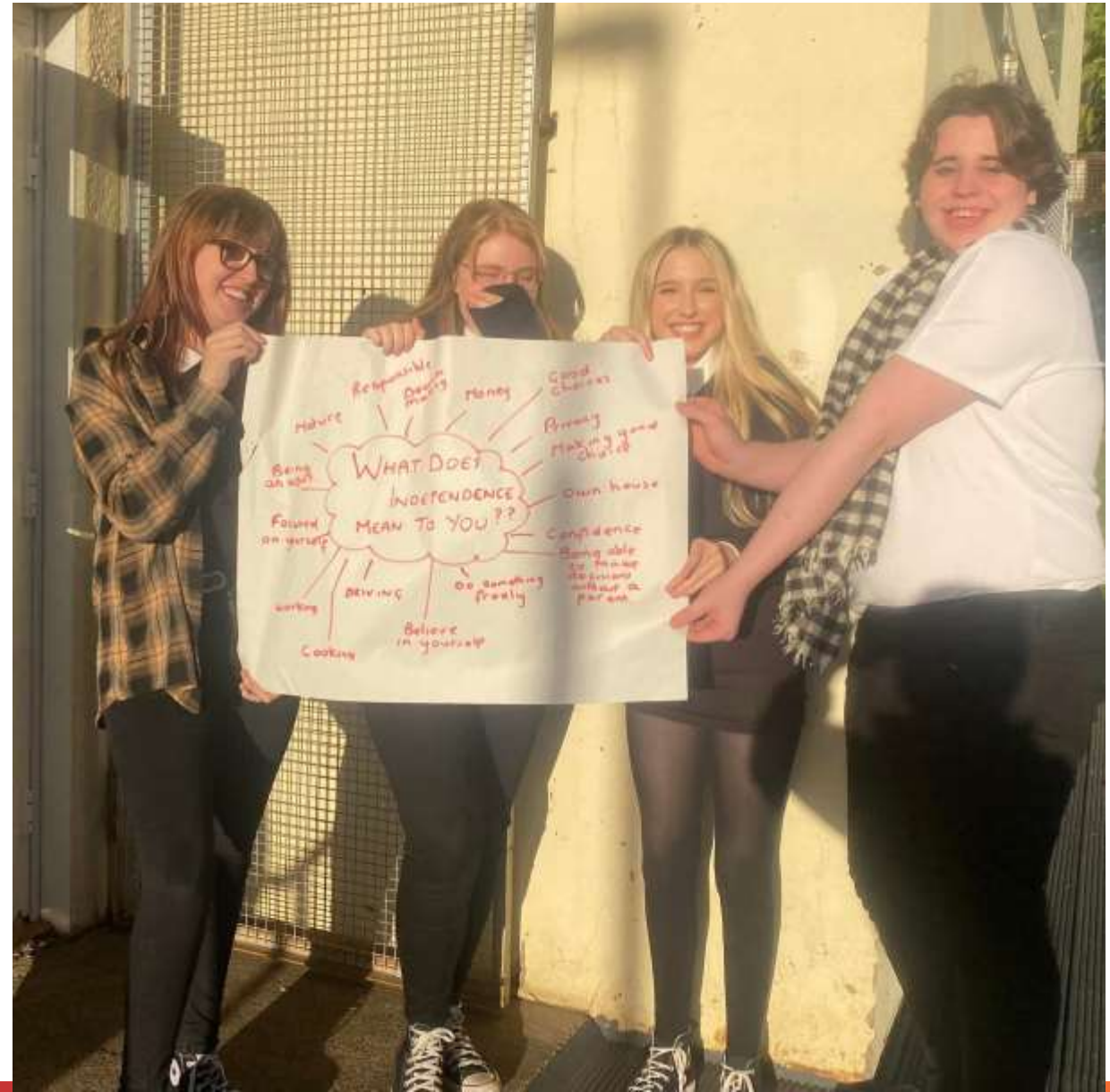
# How we do this...

- **Activity programmes are planned with service users each month.**
- **Activities and workshops such as sexual health, budgeting, CV building, independent travel, cooking and social events are delivered.**
- **We introduce service users to other appropriate services in their communities that they can access now or in the future such as Health in Mind, Police Scotland, the Scottish fire and rescue service, local colleges, employers and housing associations.**



# Outcomes to date...

- 59 individuals have engaged with the project since it began.
- 24 young adults have achieved accredited awards through their participation.
- 100% of participants have reported they felt safe and noticed improvements in their overall wellbeing.
- 13 participants have moved on to volunteer within their communities.
- 56 young people have reported they feel their independence skills have improved and feel more prepared for adulthood.





# What's next....

- **We will continue to deliver our project based on the needs and wishes of young adults.**
- **We have plans to increase and explore new opportunities for partnership working.**
- **There will be a focus on how we can involve more care experienced young adults.**
- **More Volunteering opportunities created for those interested.**





# Questions & answers

