

All About Me

QUARTERLY E-NEWSLETTER

Still here....Still Achieving

Our passionate and skilled team has worked hard to ensure every participant is moving forwards despite the pandemic. We have been able to support you to increase many soft outcomes and some have gained employment even when the current climate makes it harder.

Soft outcomes

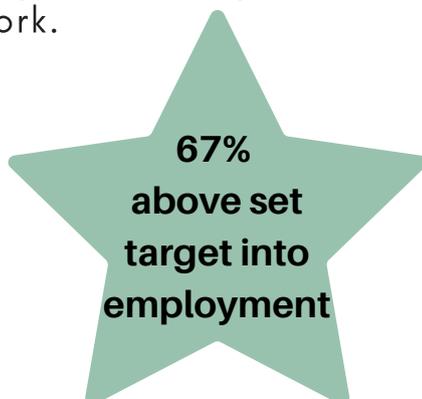
We have been able to review how you are developing with your soft outcomes. Take a look at how you are achieving despite these hard times.

Soft Outcomes	Average Starting Point	Average Current Point
Confidence Feeling self-reliant	Very Low	Very High
Quality of life Happiness Ability to deal with set backs	Low	Very High
Feel connected with the community	Very Low	Medium

Exit results

Despite the pandemic, we are **67%** above our set target of moving participants into employment and have already reached our **100%** of our set target of moving people who are economically inactive into job searching confidently. This is down to your commitment, resilience and hard work.

Thank you!



All About Me

WHAT'S IN YOUR CONTROL?



Within our control are our own opinions, attitudes, aspirations, dreams, desires, and goals. Outside our control sits everything else: family, life events and other people.

Have you noticed on a good day you are positive and achieve more and on bad days, how you seem to worry about the future and not achieving. These bad days can take a lot of energy from us and often leave us feeling like we are going around in circles and stuck in a rut. Often these worries are about things that are not in our control. Thoughts come first then our emotions. Here is how you can manage these thoughts so that the emotions that follow are more positive.

When you feel a negative thought coming, take a minute to ask the following questions:

What is worrying me?

What is within my control?

What matters most to me and what can I do about it?

Notice how you are using less energy worrying, able to be more productive and start to enjoy life a little bit more.

All About Me

JENNI'S SUCCESS STORY

Jenni joined our project in March 2020 and secured employment in November 2020.

She is in her 30's and has Asperger's Syndrome. Her starting barriers were that she lacked confidence, was feeling low from being rejected from previous job applications and she felt very uncomfortable in interviews. She has not been able to gain work since leaving school.

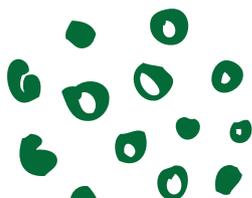
Jenni and her coach worked together to overcome these and any additional barriers, for example, understanding social behaviours, finding motivation and confidence to speak in group sessions and also encouraged Jenni to join our online courses. This was invaluable for peer support and helped to build her confidence around others.

A quote from the participant:

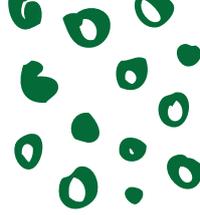
"Before I started working at the school, I didn't have a lot of confidence and I didn't think that I would find a job, despite applying for numerous jobs. However, when I came across this project, I thought that this might be beneficial to me, so I registered my interest. Since I joined, I have attended many online sessions using 'Microsoft Teams' and we quickly became a nice, friendly team of fellow job seekers. To cut a long story short, my coach, Keely, suggested a job for me at the school, as casual cleaner. I thought that I should give it a shot, so I applied and a few days later, I was called for an interview. I thought that the interview went very well and I was confident that I would be given the job. Thankfully, since the interview, I have been working at the school for about 4 months and I am very happy there. I work in a very friendly team of fellow cleaners.

A quote from her manager:

'Jenni has come on leaps and bounds. She thinks ahead and goes that extra mile. She is very considerate and works well in a team. Once we spent time with Jenni when she first started the role, showing her what to do, she was fine. She is brilliant and you can really see the change in her.'



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HELP YOU, HELP THE ENVIRONMENT

Now is a good time to reflect on how you can make small changes to help the environment. With many of us utilising technology at home, we are already making an impact on the environment through minimising travel. In addition, due to increased communication via technology, we have been able to reduce paper usage.

BBC News showed that in 2020 UK emissions declined by around 7% which indicates our reduced car usage is having a positive impact on the environment.

It is worth considering how we travel in the future especially when restrictions are lifted.



We are looking forward to working with you on your journey and what tasks you are planning on achieving over the next couple of months.

If you feel you have benefitted from our project and know anyone who would like our help, get them to contact us to find out more.

Best Wishes -
The 'All About Me' Team



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