

# 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 help participants to increase their soft outcomes and gain employment even when the current climate makes it harder.

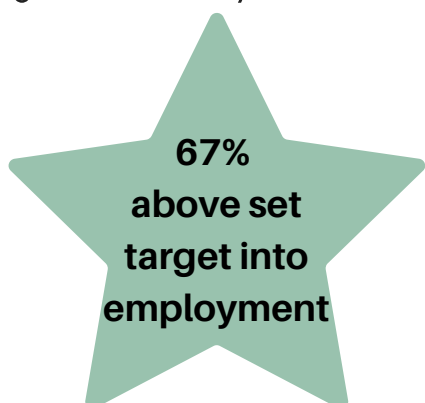
### Soft outcomes

We have reviewed our current participant's soft outcomes in relation to their starting points. Our participants have increased in the following areas.

Soft Outcome	Average Starting Point	Average Current Point
Confidence and feeling self-reliant	Very Low	Very High
Quality of life, Happiness and 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.



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OUR PROJECT DURING COVID-19 CRISIS



## COVID-19 CORONAVIRUS

*Did you know there are different routes for a participant to start their journey on the 'All About Me' project.*

### **One to One Support**

*One to One support allows regular meetings with a coach to understand individual barriers and identify ways to overcome them. The sessions are reflective and productive and can be held via phone, video or face-to-face dependent on current government guidelines and what the participant feels most comfortable with.*

### **Tailored Workshops**

*We regularly offer a variety of 6-9 week courses which cover different barriers and are adapted to meet the individual needs of participants.*

*'**Healthy Money Habits**' looks at softer skills for the participants so they can gain control and find the headspace to move closer to work and learning.*

*'**Preparing the Mind for Work**' looks at building a strong mindset so participants can move towards work and learning with confidence*

*'**Making a Move**' looks at resilience and motivation so the participant can take control of their journey towards work and learning.*

*'**Be the Best You**' provides participants with the tools to job search successfully and be able to stand out in a crowded market.*

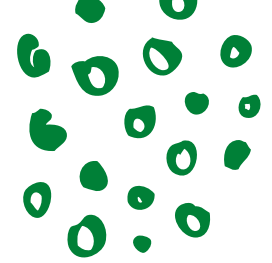
We work with the individual to support them in a multitude of ways. This includes addressing areas they perceive as barriers, for example, health, learning, family dynamics, motivation and confidence building.

We cover more than the common employment barriers of CV's, cover letters, job applications and job searching. Of course we can do that but only when the time is right.

### **We offer:**

- Assessment of barriers
- Online workshops
- Virtual coffee mornings
- Person centred support
- 1:1 support via phone or video calls
- An advocate for the participant

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## PARTICIPANT SUPPORT

### WHAT'S IN THEIR CONTROL?



*A common barrier we support our participants with is helping them feel less overwhelmed so they can be more productive with their day to day living.*

*We look at what is within their control like their own opinions, attitudes, aspirations, dreams, desires, and goals. What is outside their control like family, life events, other people.*

*We reflect with them on their good days and how they feel positive and achieve more and on bad days, how they seem to worry about the future and not achieving. These bad days can take a lot of energy from them and often leave them feeling like they are going around in circles and stuck in a rut. Often these worries are about things that are not in their control. You see thoughts come first then emotions. We look at how they can manage those thoughts so that the emotions that follow are more positive.*

*Have a go yourself, 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.*

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## JENNI'S SUCCESS STORY

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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.

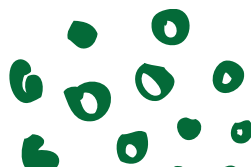
Jenni and her coach worked together to overcome these and any additional barriers, for example, understanding social behaviours. finding motivation and confidence to speak in group sessions and also encouraged Jenni to join our online courses. This was invaluable for peer support and helped to build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

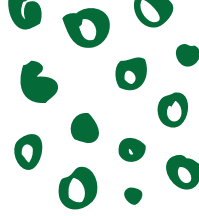
### **A quote from her manager:**

'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 working from home, we are already making an impact on the environment through minimising yours and your clients 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 work and travel in the future especially when restrictions are lifted.



We are looking forward to working together with you and your clients.

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

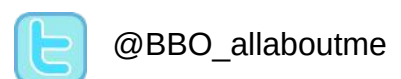
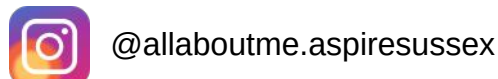
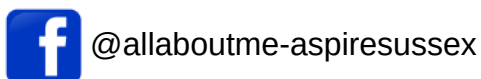
Best Wishes -  
The 'All About Me' Team



All About Me is funded by the European Social Fund and the National Lottery Community Fund



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