

## **Appendix B – Case Study**

**Bright Futures is the Into Work Advice Service's project aimed specifically at supporting 16–24-year-old Care Experienced young people. A team of 4 youth mentors aim to remove barriers to education, employment, and training. The Bright Start Traineeship Scheme sits within the Bright Futures project and allows young people to complete supported work placements within a particular field of interest, gaining employability skills, valuable work experience and confidence.**

X was extremely unsure and indecisive about what she wanted to do in the future.

X was care experienced and had been in and out of various hostel accommodations for years. She struggled with budgeting, practical day to day tasks and organising her time. X had extremely low self-esteem and self-belief and struggled with anxiety and confidence issues. These issues were a barrier to employment for X. To overcome this, X took her first steps forward by contacting the Bright Futures team.

Bright Futures Project offers bespoke tailored support for all 16–24-year-old care experienced young people from Cardiff. X had lots of ideas about what she wanted to do and was provided numerous 1:1 and group-based sessions to help with her wellbeing and confidence. Bright Futures Project initially supported X to gain her CSCS Card and Banksman qualification, which led to her securing agency labouring work. This role ended due to Covid-19 but X also felt the work wasn't her true passion.

To fill time and keep developing her skills, X signed up to our Bright Start Traineeship Scheme. This is a work placement programme exclusively available to care experienced young people from Cardiff. X successfully gained a placement in the sport and leisure industry. This is where X truly started to find her passion and see the skills, she could offer others. From the moment X began placement there were clear signs that confidence and self-belief levels were improving daily. The team at the placement provided X with lots of training, support and care that saw her take on new challenges, have ownership over tasks and grow as a person. This opportunity helped X to realise that she wanted a career within sport and fitness.

Following on from the Bright Start Work Placement, X and her Youth Mentor updated her CV and applied for a position within the sport and leisure industry. The Bright Futures Project provided financial assistance to X for new interview clothes and transport to get to her interview for this role. X newly found confidence and experience worked wonders as she was offered the apprenticeship! X is now working towards her qualifications and enjoying her role.