

We are DELIGHTED to announce that Positive Realities now has charitable status!!

On 29th September we were granted charitable status by the Office for Scottish Charities Regulator. We are now a Scottish Charitable Incorporated Organisation (SCIO). This has been a long process but will enable, enrich and empower our structure, policies and future.

Our charity number is: SC046016.



Meet Steven@PR

I can't function in the morning until I have coffee; I'm a Hibernian fan; my Xbox one is one of my best friends; I'm proud of my children; but my greatest achievement in life is beating drug addiction.

I grew up in a deprived area where there wasn't much for youths to do. One day someone offered me drugs, which made the bleakness seem brighter. All of a sudden I was using drugs daily to fill my time. I was on my own; I had no real friends, no money and no interest in anything except drugs. Support services were hard to find I sorted myself out and have now been clean for over 10 years.

This experience led me to Crew 2000, a drug and alcohol charity, where I produced and delivered training to young people around harm reduction. What interested me most, though, was helping young people considering taking drugs to realise they are not isolated in their communities but part of a much bigger world.

That's what attracted me to Positive Realities. We have the chance to empower young people; work with them to build strong lasting links within their community; and try to be the positive role models that are needed in life. If we can help out just a handful of young people from falling into the same trap I did, then we are on the right track. I look forward to meeting those of you I have not yet met and working together to grow this great organisation.



New peer coaches

A **big** positive welcome to our new peer coaches who have now completed their training and induction, and are ready to support young people to achieve their very best!

They are: Jade Cairney; Sara Missaghian-Schirazi; Catherine McMillan; River Song; and Karen Sutherland.

These lovely folk have worked very hard over many months to develop this wonderful skill and we look forward to supporting them to achieve great things! **Well done!**

'What is a peer coach?' we hear you ask! Well, as an organisation we feel it's important to have peer coaches who are roughly the same age as the people they support. They may even have experienced similar issues (mental health concerns, drug addiction, worries about education & employment) as well as feeling uncertain about the future. This helps build trust between coach and coachee because they can have more understanding of what our clients are going through.



COULD THIS BE YOU?

Interested in finding out more or volunteering with us as a peer coach?

Have a look here:

<http://www.positiverealities.org/volunteer-coaches.html>

What is coaching?

How can it benefit you or a young person you care for?

Life coaching lets you talk about your life, decide what you want, and work out the stepping stones to get there. It is a future focused process that allows a person to map who & where they are now and who & where they want to be. Coaching revolves around an empowering partnership that develops trust, challenges thinking, enables recognition of obstacles and helps achieve goals.

Research evidence shows life coaching can make a significant difference to overall life satisfaction; increases ability to set manageable steps towards a goal, rather than feeling overwhelmed; and encourages creative solutions to problems. It has been associated with significant increases in well-being, growth in resilience and hope and can significantly decrease levels of depression.

At Positive Realities life coaching is an opportunity for young people to change their lives, become happier and reach their dreams. And they won't be alone as the coach they have chosen will provide support during times of challenge as well as success.

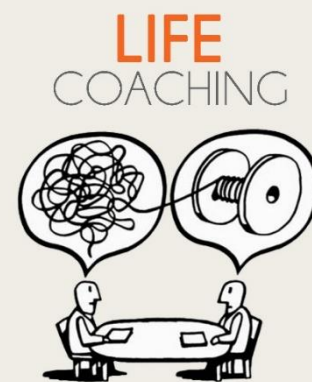
Our coaches have their clients' best interests at heart, believe in them completely, and are there to listen, not to judge or make decisions.

We have had some terrific success stories following the great work our volunteer coaches and coaches do together, and we have already produced a [case study](#) of how it has benefited one young adult carer.

In the meantime, if you are between the ages of 12-25 or think coaching could benefit someone you know of this age, simply fill in some details online: [Young Person or Parent Referral](#) or [Professional Referral](#).

Once we receive your enquiry, one of our office team will be in touch to arrange a meeting with you and/or the young person. We will explain the coaching process a little further to help decide whether life coaching is the right option.

We look forward to hearing from you!



What about our projects & workshops?

Positive Realities runs a variety of diverse workshops across youth services and clubs in Edinburgh. The aim is to help **build confidence, knowledge and awareness** surrounding important issues young people and adults face today. The workshops are carried out using a range of interactive, interesting and fun activities such as role play, art activities, games, puzzles, group discussions - just to name a few! The workshops are based on how to **become more assertive**; how to **understand emotions**; **understanding identity and relationships**; **building self-confidence**; **enhancing self-esteem**; and **how to set successful future goals**.

We are now working with various youth agencies to run workshops this Autumn, including Canongate Youth Project, Rathbone and Citadel Youth Club. Our previous participants have enjoyed learning new things and many leave feeling more confident and better about themselves, with more ideas for their future.

We have recently begun our community development project which is held at the Mansion every Thursday evening. This will involve a group of local young people coming together to decide on, plan, create and run a service, group or activity for the people of Gracemount. We will keep you updated on the exciting developments of this as well as our other projects!

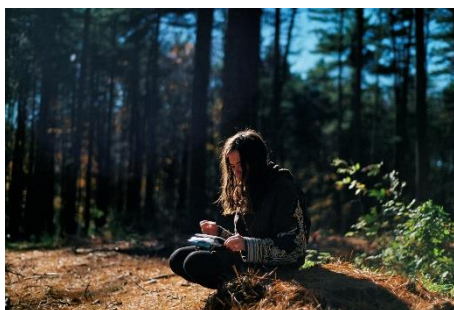


The importance of self-care



'Just like you do on a plane, you need to put on your own oxygen mask first before trying to help others.'

-Dean Nancy Smyth



All of us associated with, or who are interested in, Positive Realities have a passion for people. We believe in the potential for each individual and feel fortunate to be able to support others on their unique journeys. However, we use our hearts as well as our heads and it can be a challenging profession.

Stresses can creep up on us; we may lose track of the bigger picture; become emotionally involved in others' lives; or perhaps our healthy work-life balance tips too far one way

Looking after ourselves is a vital element of our lives; it is not a selfish act. We must be fully charged in order to be present for the people with whom we share a space with; those who look to us for guidance and calm.

Self-care is all about you. It is incorporating regular, positive, nurturing activities into our lives that promote healthy wellbeing of both our bodies and minds. With tailored practices to suit every individual, we are enhancing our short-term as well as preparing ourselves for whatever the long-term may hold.

In September, we launched our monthly self-care group. This is an opportunity for staff at the Mansion, and our volunteers, to share reflections, discuss ideas, and to consider our compassionate pathway.

We must all listen, with kindness, to what we each truly need.

DATES FOR YOUR DIARY

Nov 2nd: Trustees' Week Conference
 Nov 11th & 25th: Workshops at Citadel Youth Centre
 Nov 12th: Workshops at Rathbone X-Creed
 Nov 18th: AGM & Public Goal Setting with Young Adults Workshop
 Nov 24th: Workshops at Inspiring Young People



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