



Positive Realities

Newsletter

Spring 2016
Issue 2

"IF IT DOESN'T CHALLENGE YOU, IT WON'T CHANGE YOU."

IN THIS ISSUE

Welcome!

Hello and welcome to our first newsletter of 2016!

We hope your year has kicked off with inspiration, intention and time for taking care of yourself.

We are delighted to share our news of achieving charitable status, awarded *Carer Positive* and *Volunteers Friendly* status, and welcoming our new volunteer coaches on board.

For those of you who haven't heard about *Positive Realities*, we are an Edinburgh based charity who offer life coaching, support and positive workshops to improve the health and wellbeing of young people and young adults aged 12-25.

We would love for you to join our online community...simply click 'like' on our [Facebook page](#).

Best wishes and we hope you enjoy the read!

The team x



Exciting Developments!

Read about our recent improvements and successes as we strive to make even more of a difference in the community.



We meet Susan!

Susan Veitch became our Development Manager in September and in this issue, she tells us a wee bit more about herself.

New peer coaches

A **big** positive welcome to our new peer coaches who have completed their training and induction, and are ready to empower young people to reach their very best selves.

They are: Isla Garrard, Marta Szpindor, Nikki Thomson, Zoey Waterson, Alikhi Chiotaki, Katerina Vasakou, Clare Freeman, Rebecca Sutherland and Rowan Bell.

These lovely folk have worked very hard to develop their coaching skills 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 (relationship difficulties, 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 a better 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>

We currently have a waiting list if you would like to put your name down!

Life Coaching Q&A

Life coaching enables you to talk about your life, decide what you want and work out the stepping stones to reaching that. It is future focused and allows a person figure out who they are and where they want to be. At Positive Realities, we offer six to eight (or longer if needed) one to one coaching sessions to help young people and young adults develop emotional resilience and set and achieve their goals. Our life coaching service is targeted at young people aged between 12-25 years, and their parents too, living in Edinburgh.

We spoke with one young woman, whose coaching partnership has recently come to an end, about her unique coaching experience:

What was the thing you remember or learnt most from your coaching?

I learned a few things. I make time for myself, even if it's just a few hours a week - if I look after myself then I can help others. Setting little goals helps me get where I want to be in life and keeps me moving forward.

What difference, if any, has life coaching made to your life?

My life has changed a lot! Having the support of my coach helped me to be confident enough to go for my dream job, which I'm now doing 😊

How would you describe life coaching to a friend?

A different but great experience that you need to try. You can't imagine the impact it can have on your life until you've tried it.

Is there anything else you would like to add about your life coaching experience?

The whole experience was life changing for me and I can't express my thanks to everyone involved enough. It came at just the right time in my life and gave me exactly what I needed.

If you know a young person who might benefit from this empowering support, or perhaps you are the young person who is thinking 'this is just right', then find details on how to make a referral on our website

www.positiverealities.org

Meet Susan@PR

I'm 35, although I still find it hard to believe I'm a day over 22, married and have a wonderful, 10 (almost 11) year old, daughter.

I have a mixed bag of family, some wonderful and some the opposite. I was really lucky to have some great people and influences in my life and they are what helped me to become who I am today.

Since leaving school and home, at 16, I've worked full-time in administration and secretarial positions, then operational management roles across a variety of sectors: voluntary, private and public. But there was nothing that I really loved, until a chance meeting with Carole, the CEO, at Positive Realities.

It struck a chord with me. To be part of providing a unique service that really makes a difference, sounded challenging, varied and interesting.

We all do a bit of everything at Positive Realities but my role, as Development Manager, involves meeting young people who are referred to us and matching them with a coach; managing the coaching service; fundraising; raising the profile of the charity; attending events to develop relationships with other organisations; and I also improving support for our volunteers. I'm also responsible for boring stuff like data collection and analysis, but that shows what a huge difference our coaches make to the people we work with, so it's not all bad! In fact, meeting young people and seeing the difference coaching has had is the favourite part of my job.



Changes to the Board

We would like to welcome Harry McLaren in his new role as Interim Chair. In the last few months, Harry has implemented Microsoft 365 for Business and has been involved with the board as a Trustee. With a passion at PR for promoting mental wellbeing, the experience gained from several voluntary roles, as well as impressive professional experience in the world of cybersecurity, we are certain Harry will ensure Positive Realities grows from strength to strength.

Changes to the Volunteer Experience

We have been working hard behind the scenes improving the way we work with our volunteers. We couldn't do what we do without them and we want to ensure they love being part of the team. Hopefully, the following changes will enhance the volunteering experience here at *Positive Realities*.

One of the key changes is the introduction of an on-call system, which ensures a member of staff is always at the end of the phone to confirm location, safety and schedule of each coach when working with a client.

We've also made some changes to our support arrangements. There are now three different types of support for coaches, but don't worry, it's not as complicated as it sounds:

SUPERVISION

The group is led by a highly experienced coach, qualified in providing coaching supervision. These quarterly sessions provide a space to discuss any coaching concerns, reflect on coaching practices and share common experiences. There will also be ongoing training to provide up to date information on working with young people, e.g. working with other professionals and strategies in supporting a young person with mental health issues.

KEY WORKER

Each coaching case will be allocated a key worker, who will introduce coach to young person and be the main point of contact during the coaching journey for both parties. They also provide any onward referrals, signposting or advocacy for the young person so that coaches only have to focus on their specific role.

SUPERVISOR

All volunteers will have a supervisor from the *Positive Realities* staff team who will provide general support when required. Support sessions are directed by individual needs but often discuss how coaches are getting on in their roles and if any further support or training is required. It is also a useful space for updates on organisational changes and developments.

Our Development Manager has also created a short survey on the volunteering experience and we're pleased to say that, so far, the feedback has been very positive!

All these changes are to make sure our volunteers obtain the most they can out of their work with us, so we urge our wonderful team to keep in touch and let us know how we're doing 😊

Stay Tuned...

***Positive Realities* is currently developing a *Self-Harm Awareness Workshop* to help raise awareness and understanding of the various forms of self-harming that young people and adults, cross culturally, face today.**

The workshop aims to break down the stigma and myths surrounding self-harming behaviour and explore the long- and short-term impact it has on both the individual and those around them.

By helping individuals gain insight into the emotional and psychological triggers that can lead to self-harming, we can explore different coping mechanisms, distractions and techniques to reduce self-harming urges.

Activities and role play will focus on effective communication skills and techniques to empower young people and adults to seek, as well as ask, for help from peers, family members, school teacher, professionals and local services. We hope this workshop will help individuals take positive steps towards reducing or stopping their self-harming behaviour. The group setting will also benefit anyone who supports those who self-harm as we will be discussing healthy boundaries and the importance of self-care.



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).

Our charity no is SC046016!

A carer is someone who provides unpaid care by looking after an ill, frail or disabled family member, friend or partner. They often face a difficult task in balancing their caring responsibilities with their work commitments so *Carer Positive*, a Scottish Government funded initiative, aims to encourage employers to create a supportive working environment for carers.



Sue McLintock, Manager at *Carer Positive Awards*, visited us at The Mansion last month to award us with our certificate of 'Engaged' status.

If you haven't explored this terrific project already, we recommend that as a young carer you should! <http://www.carerpositive.org>

Updated Publicity!

Andalucian-born and Edinburgh-based illustrator, Carolina Cancanilla, worked her magic at the end of last year by creating our new publicity materials, graphics and logo.

We love our new look!
What do you think?



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