

YOUTH WELLBEING IN EAST LoTHIAN CHANGEMAKER COURSE

DO YOU ENJOY HELPING PEOPLE IMPROVE THEIR LIVES?

WANT TO DEVELOP YOUR YOUTH WORK SKILLS OR GAIN COMMUNITY DEVELOPMENT EXPERIENCE?

LOOKING FOR INTERESTING VOLUNTEERING OPPORTUNITIES TO HELP FAMILIES?

WANT TO HELP IMPROVE RESILIENCE DURING THE TRANSITION TO ADULTHOOD?

Come and receive full training and support to become a changemaker!
Join us to create and deliver presentations to young people, families and professionals
and to set up and run local youth groups to strengthen personal resilience and wellbeing
for those experiencing transition into adulthood.

YOUTH WELLBEING CHANGEMAKER COURSE

POSITIVE REALITIES invite you to take part in an internationally delivered Changemaker course focusing on improving YOUTH RESILIENCE in East Lothian.

The CHANGEMAKER COURSE is a space for people keen to make positive social change in their communities and who want to learn new skills and put them into action.

You will participate in workshops and build skills crucial in achieving your changemaking plans. We will inspire you by presenting real cases of success stories and possible ways of achieving goals.

We will give you project management tools and support you to create your own social project to promote youth resilience.

DURING THE COURSE YOU WILL:

- sharpen your "changemaking skills"
- work on your group-work and training skills
- learn new project management tools
- find out ways to improve resilience and support young people and their families
- gain ideas to give something back to your community
- identify qualities needed to change communities and plan your own input with guidance from our facilitators
- access and develop resources to improve resilience
- meet a group of awesome, engaged people

WHAT HAPPENS AFTER THE TRAINING?

Once trained, you will become a Positive Realities volunteer and you will help improve resilience in young people and families across East Lothian. Your role could include:

- Developing written learning resources and presentations for different audiences
- Delivering presentations or workshops to small groups e.g. in schools, parents groups or at professional meetings.
- Designing and delivering local youth groups for young people who have low resilience or need respite due to life's challenges

IMPORTANT INFORMATION

- To participate in the course previous experience in supporting young people or their family members is recommended but not required. If you want to make a start in youth work – this is a good place!
- Priority for this course will be given to participants aged 18 and over. If you are not yet 18 but you want to participate in the course – please let us know. If you have the right attitude and commitment, it may be possible for you to join.
- The course contains 42 hours of workshops, divided into three parts and taking place on weekends (see below for more info). Full attendance is required. Workshops will run from 1000 to 1800 with a one-hour lunch break.
- The group will consist of between 8 to 16 people
- Food and accommodation are not provided by the organisers. Please bring your own lunch with you.
- **The course is free of charge**, but please note if you successfully graduate, you will be expected to become a volunteer with Positive Realities and to contribute to an NHS Lothian funded project to improve resilience in young people and their families.
- Anticipated time commitment as a volunteer with Positive Realities will be approximately 8-10 hours per month until April 2019.
- The course will take place in Musselburgh. If needed we will cover your travel expenses, such as second class ticket/car use.

PROGRAMME AND DATES

PART I

June 30 – July 1, 2018

WHY should we change the world?

- Introduction to the course
- Key societal issues

Changemaker skills 1

- Communication
- Empathy
- Creativity

PART II

July 7-8, 2018

Changemaker skills 2

- Teamwork & leadership
- My values, strengths and dreams

HOW to change the world

- Creating a vision
- Project planning
- Action learning

PART III

July 21-22, 2018

Presenting the project

- Public speaking
- How to use media?

Resources

- How to get resources
- Self-motivation

HOW TO TAKE PART IN THE COURSE?

To apply to take part in the Changemaker course please fill the form: <https://form.jotformeu.com/81443908827364>

Application deadline: Sunday, May 24, 2018.

After filling out the application we will contact you and confirm your place at the course.

ORGANISATION

POSITIVE REALITIES

Positive Realities is a charity offering opportunities for young people to achieve a positive transition into adulthood. At present most of our services are based in Edinburgh. We deliver life coaching, personal development workshops and additional support to young people and their families.

FUNDING

This initiative is funded by NHS Lothian. The project is funded for three years and began on 1 April 2018. We intend to build on this funding to develop our services in East Lothian. We want you to be part of this expansion programme!

CONTACT

We strongly believe that creating positive social change is a team-sport. We are open to your suggestions, ideas and input. Let's get in touch!



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MORE INFORMATION

More about the Changemaker course and inspiring stories of changemakers from all over the world can be found at:

www.changemakercourse.com

