



LIFEWORKS FIFE PROJECT



Successful transitions to independence



Aberlour LifeWorks Fife is a new project which will be delivered in partnership with Fife Council. The project aims to improve the life chances for young people (14+) who are 'Looked After' and help them develop important life skills for the future. The service will help those leaving or those who have left care and need support to gain confidence in independent living and to engage successfully with further education or the world of work.

The project expands on the work of Aberlour's existing Throughcare and Aftercare Team. It offers support to young people who have been in Local Authority care but are ineligible for statutory Aftercare support because they have left care before their official school leaving age; or they are unwilling/unable to engage with the support available on leaving care. Support will be tailored according to individual needs, offering consistent and responsive assistance to deal with the many challenges of living independently. Young people from the age of 14 will be helped to develop and improve on the skills, knowledge and values of responsible citizenship, helping them to build self-confidence and make informed choices about their future options for living, learning and employment.



Up to 30 trained volunteers will augment the staff team and help to engage with young people as a befriender or mentor. This will help our young people build social networks and feel connected to and valued by the local community as they take their first steps towards independence.

The team, based within West Bridge Mill in Kirkcaldy, will liaise closely with all relevant stakeholders in Fife to collaboratively deliver the enhanced service. A steering group representing young people and key partner agencies will guide the project.

Over five years, the project aims to directly benefit 150 young people and indirectly benefit many more. Working with local partners, a clear referral system will be developed which responds to local need and specific gaps in provision. Working closely with existing services the project will add measurable value to Throughcare & Aftercare in Fife and improve outcomes for young people.

LifeWorks Fife will work closely with young people to develop and progress individual 'Pathways Plans' which help to build confidence and achieve individual goals as they establish themselves in the community and take advantage of opportunities for further education, training and employment. Staff and volunteers will encourage young people to participate in a wide range of new experiences (from group outdoor pursuits to opening a



bank account), helping to boost confidence, skills and self-esteem. Young people engaging with the mentoring initiative will see their mentor weekly, either at home or in the community. This supportive relationship should provide time to talk as well as offering support for a broad range of challenges and activities, from health appointments and job seeking to shopping, making meals or resolving an issue with the landlord. LifeWorks Fife volunteers will be recruited, trained and supported according to best practice.



LifeWorks Fife will strive to negotiate volunteering opportunities internally and externally for young people and encourage local employers to offer a range of work experience opportunities. It will work closely with Skills Development Scotland and Scottish Business in the Community, and support Fife Council's emerging 'Family Firm' initiative. We will also work collaboratively with education staff to support improved attendance and achievement.

LifeWorks Fife will be externally evaluated in year three and is committed to producing relevant learning materials for dissemination. Young people will be actively involved in the design, running and evaluation of the project, which will be supported through embedding a Social Pedagogy approach. Young people will be encouraged to speak out and we will take a creative approach to promoting more positive perceptions of care leavers.

What are the Project outcomes?

Outcome 1:

Young people are more likely to stay in the home of their choice.

Outcome 2:

Young people are more likely to be ready for further education, training or work.

Outcome 3:

Young people are more likely to develop and maintain a diverse circle of contacts and positive relationships that matter to them and support their emotional wellbeing and independence.



How we see it (young people):

"It's good and helpful. If didn't have you I couldn't cope with a lot stuff, like bills and forms."

"It's helped me find and keep a flat, supported me no matter where I am or what I've done it's helped me with everything in my life."

How we see it (Staff):

"I know that we are extremely important to the young people we work with. We are very often their next of kin, the first person they turn to in times of crisis and regularly the only consistent person in their life."

How we see it (Stakeholders):

"The young people who leave care face a really difficult time. They have come from a very protected environment and often find it very hard to adapt. A familiar face that has an understanding of where they have been and what they are currently going through can and does make a huge difference."

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