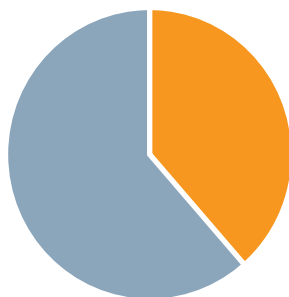


YouCanBe 2021-22

From April 2021 to March 2022, we have supported 77 vulnerable young women struggling to create bright futures for themselves. We have delivered a total of 1475 supportive interventions.

The split of our beneficiaries across each county:

- Suffolk (Ipswich & Coastal)
- Norfolk (Norwich & Great Yarmouth)



Claire's Story

Situation: As a child, Claire witnessed and was a survivor of domestic abuse. Her family eventually fled the abuse and sought help at a refuge. Claire found school difficult, and struggled with authority, sometimes becoming disruptive and violent. She found it hard to make healthy relationships with peers or romantic partners, due to the unhealthy dynamics she had witnessed.

Solution: Claire met with her YouCanBe practitioner, Mel, bi-weekly. Mel helped Claire create a life-story timeline, reflecting on how much she had experienced at a young age, and helping her process the effects these experiences had on her. They created a family tree, which allowed Claire to unpick her unresolved feelings for her family. Mel supported Claire to access the Waves service at Suffolk Mind following a BPD diagnosis, and to undertake family work with her mum and brother through Restitute.

Success: Claire can now recognise healthy relationships and understands the importance of rules and boundaries. She was supported to go onto the contraceptive pill. Claire's relationship with her Mum and siblings has improved. She has been able to talk honestly about her more difficult feelings and forgive her Mum. This has meant that she has a positive family network of support which was not previously there. Claire has shown increased confidence in herself as well as better self-awareness. Claire's self-esteem has greatly improved because of all of these changes to her sense of self.

Claire said, *"I don't know how you could be better."*

"It's good working with you, you help me with my feelings, got me onto contraception. I speak to less boys online!"

Goal Highlights

1 in 5 young women wanted to improve their self-esteem and resilience.

87% improved against this goal.

One service user said, *"YouCanBe has helped me feel safe enough to talk about my Grandad and work on my self-esteem"*

Key Achievements:

96% have had no pregnancies in service

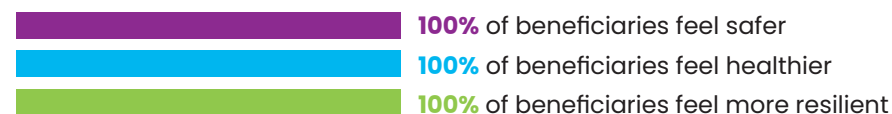
100% improved their knowledge of healthy/unhealthy relationships*

100% improved their sexual health*

49% are currently on contraception

*%calculated from those who have set and reviewed a goal with this focus

Results from End of Service Questionnaires:



Our plans for 2022-23...

- **Maintaining strong performance** – We will work with at least 90 vulnerable young women across the two counties.
- **Listening to service users** – Our new progress review process will mean we can consistently check-in with what is working well and adapt our approaches to benefit the people we work with.
- **Responding to demand** – Recruiting additional practitioners in Lowestoft and Ipswich will enable us to reach more young women in Suffolk and improve the resilience of the service.