[Music]

I got kicked out of school and it was really hard because I did not really get to do my GCSE’s so then I came here, and it is helped me a lot. I just felt that I wasn't going to get anywhere and that I wouldn't be able to do anything. I had some troubles with my family. I had some living troubles. I had some challenges with drugs quite depressed, I guess. I was sitting in my room a lot and not doing anything not going out, no colleges were accepting people, so I had a few options of places I could go to and I chose YST in the end.

I was having loads of troubles at home with my mom and loads of troubles just like school and just a lot of like feel like trauma and anger just all together and I was just in a really low point and it's just getting a bit too much. I was a little bit sceptical because I’ve been through so many different like counselling and different like places and I’ve never really felt one where it's truly worked or I’ve truly felt better in myself. It's always just kind of felt like I’ve been misunderstood a lot and not really like no one really got me that much. It was nice to actually have someone to talk to and not just keep it all in for so long.

I was decent at maths before but like English I was like \*shakes head\* and I feel like a lot of like life skills as well like with like emails and cooking, like yeah cooking was actually really good because normally I was just eating like frozen meals. I would kind of guess I was like you I can do this and so I just started doing I started cooking other things they like help you like if you feel worried about something you can always turn to them and they'll tell you to help you my confidence has really improved since I started it's made me feel way better about myself.

I go out I see my friends. I normally I go to gym now, on the regular um yeah I speak to my family a lot more.

Yeah 100% I think not only do you get the counselling support but in a way you get the feeling of kind of having like a friend as well, she's consistent like if you don't reply to her messages she'll like double text she like make sure you're okay.

I’d recommend it because, I can't see anyone not being able to do it, there's no downsides you know what I mean? It's just you're going to learn something.

Most probably young people wouldn't realize or appreciate how being integrated helps them, and in all honesty they shouldn't it should be seamless for a young person they should meet somebody and go wow I like that worker; and then that worker can help manoeuvre others workers to come into place and introduce them. It makes such a huge difference to a young person because they're not having to repeat their story over and over again because that story is already there being held by one colleague and with and that colleague is within easy reach of somebody else.

You can see they're quite shy quite reserved not really sure and then by the time they exit the service you can see a real confidence and trust in us that we've been able to provide them a good service, and it's really nice because we become really familiar with some of our young people and we hope that they feel that they can come in and have a chat and even when they go off and do their own things and have moved on that they can always pop back in and let us know how they're doing.

They're mad! Just how individual they are and you know unlocking either new passions or discovering old passions of theirs I love seeing that. It's great for me to build up that relationship and that connection with the young people. What you find after school or after college is that's it you're an adult go figure it out and you know schools don't teach young people how to think they teach them what to think so being able to give them that those tools to be able to then progress themselves throughout the rest of their lives I think that's way more way more impactful than what we could be doing if we were working by ourselves.