



My name is Caroline; I am a successful single mother living in my own house on the East Side of Southampton. I currently work for Southampton City Youth Support Services. None of my personal or professional achievements would have been possible without the support, encouragement and the foundations given to me initially by the SAFE team. SAFE helped me take control of my destiny by taking those crucial first positive steps that completely changed my life.

I was living in a high rise council flat, unemployed, receiving state benefits, living a mundane existence. My confidence was low; I didn't have any formal qualifications or skills and no professional experience to fall back on. I thought my only option was to be a cleaner. I knew that I had to do something otherwise my life was just going to pass me by.

I was scared at the thought of enrolling on a course. At the first session to my surprise most of the other people who had arrived were in similar positions to me. I couldn't believe learning could be such fun. All students were shown equality, patience, respect and understanding. Slowly but surely my confidence began to grow.

The SAFE team helped me to discover and implement the skills I already had - skills I hadn't even acknowledged or appreciated before the course. I had never even realized I actually had a lot of potential. SAFE helped me to open my eyes and appreciate who I am and recognize the skills and qualities I had overlooked.

I can look in the mirror and say "Well done" to myself for all of the hard work I have put into becoming the woman I am today. I would like to take this opportunity to say a massive "THANK-YOU" to SAFE for being there for me and hundreds of others like me.

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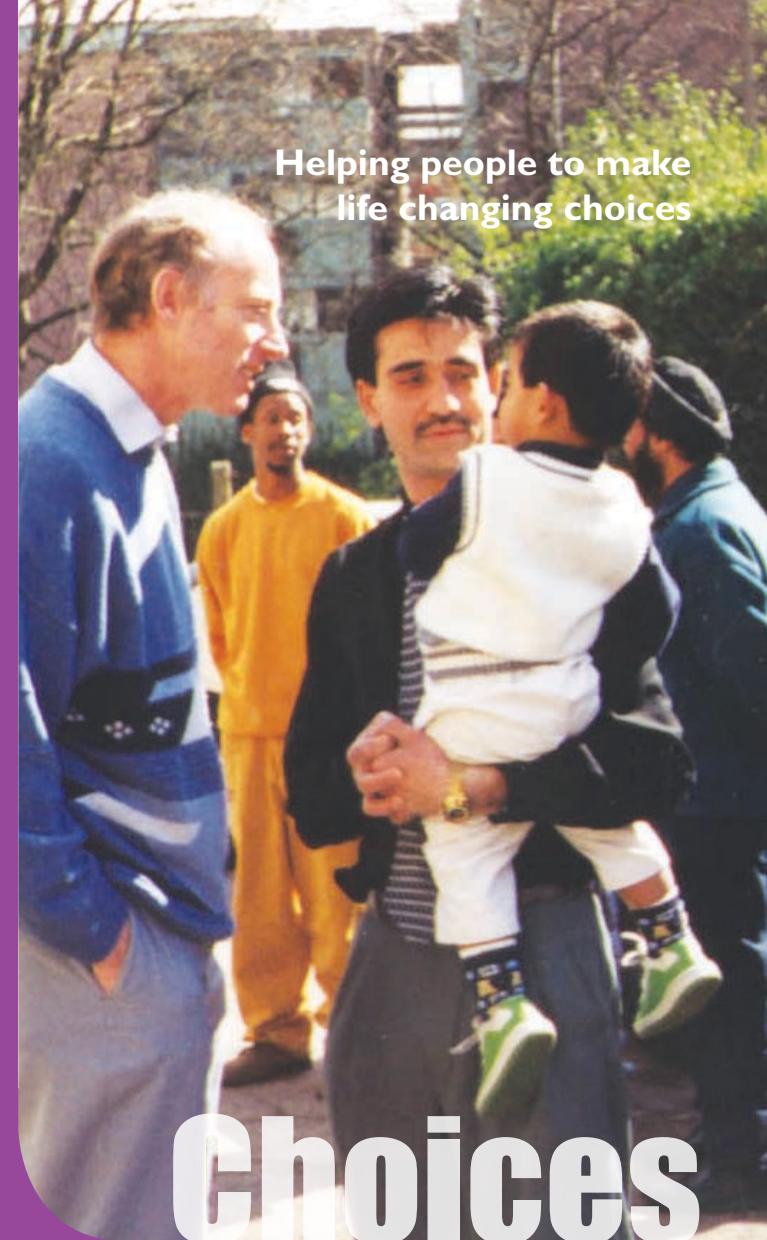
please contact us to
find out more about

Choices

SAFE
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SAFE have been working for 13 years, assisting people facing depression and worklessness to move forward.

Helping people to make
life changing choices



Choices for all





What is Choices?

Choices is a course with individual coaching, delivered in small groups. It provides people with self help tools, so they can:

- Gain confidence
 - Take control of their lives
 - Make life changing choices
- The course covers...

Self worth

Challenging negative beliefs and developing a healthy mindset.

Competence

Helping people understand their strengths and skills, and how to look for work.

Relating to others

Group exercises, a friendly environment and shared lunches.

Autonomy and choices

Overcoming barriers, taking control and setting goals.

This is a popular course; people have fun alongside others in a similar position and enthusiastically recommend it..

Choices and Well-being

HEALTH

People facing mild to moderate anxiety and depression may also be facing social factors such as substance misuse and long term unemployment and may be frequent users of GP surgeries.



As a vocational CBT course the intervention is evidence based, delivered as group work by qualified trainers, with a vocational focus looking at life and work goals. The course is being researched by the university psychology department, and delivered in partnership with the PCT and Jobcentre plus.

The course leads to health outcomes including reduced depression and anxiety, increased self esteem and well-being, leading to practical changes in lifestyle, encouraging resilience and long term change.

Community Choices

REGENERATION

People living in deprived areas often face multiple barriers. They may face social and health factors including poverty, substance misuse, lack of confidence, mental health problems, poor literacy and worklessness.



Often people lack hope and don't believe things can change. Choices gives hope by enabling people to build confidence through appreciating their own skills and worth, so they can take control and tackle the barriers they face. Isolated people make friends, people set goals to do with family, work, lifestyle and finance.

The course leads to internal change in attitudes and confidence, which leads to outward changes in relationships, steps towards work, and community involvement including voluntary work.

Pre Employment Training

WORK



People wanting to work include the long term workless due to poor health, those who have been made redundant, lone parents and those who are unemployed. They may have low skills and qualifications, with poor literacy.

Focusing on what people have to offer, what they can do, their strengths and skills, leads to growing confidence based on tangible belief in their value and worth. A supportive group bolsters resilience in seeking to move forward. Practical informed help with job seeking encourages authenticity.

The course leads to increased confidence in seeking work, ongoing coaching gives practical encouragement and further support to overcome social and health factors which are barriers to work, leading to many finding work.

Youth Choices

NEETs



This is delivered for young people who are NEET or year 11 in danger of exclusion. They may face poor behaviour and crime, and low self worth associated with bullying, self harm, poor eating and substance misuse.

The course focuses on engagement, looking at their strengths and is delivered in a fast paced way involving activity and practical learning for different learning styles. Individual coaching and mentoring is crucial. It helps young people to see the connection between study and their future.

The course leads to people being internally motivated when they progress to their next step, be it successfully going on to FE, other course, or finding work, accompanied by change in study attendance.