**Cost of Living & Improving Quality of Life**

Our services are designed to be person centred and support young people aged 8-25 facing multiple challenges. These young people are often from backgrounds of deprivation and generational unemployment, and can have low literacy and numeracy skills, poor mental health and a lack of self-belief resulting in aspirational poverty. We work with young people from high SIMD areas including City Centre, Letham, Tulloch and Muirton.

The main challenges we have encountered over the past few years include the rise of mental health issues, lack of aspiration, low level qualifications, adverse childhood experiences and drug and alcohol use that often results in risk taking behaviour. We have also found that a high percentage of the children and young people do not have the role models or support networks in place to help them navigate relationships, school life and the transition from child to young adult life. We are also seeing more and more young people seeking out a warm space, a hot drink and food.

Embedded in our practice and core values is the recognition that all young people desire acceptance, love, guidance, and significance. Knowing this inspires us to provide a space where they can thrive, contribute, and belong.

Due to the barriers mentioned above, the young people we work with can be at a disadvantage to accessing climate change initiatives. Many initiatives are offered at high school, college and university - places where many of the young people we work with do not attend due to the reasons mentioned above. Also feedback from a focus group of young people revealed many of them don't feel confident on this topic so do not participate and are worried about what others will think of them. This is why we are so keen to assign a key member of staff to support the young people over the year and also will offer a comprehensive training package. In addition, the workshops and activities will be tailored to the young people’s skill level and as a team they will be able to see the value of working together using a strengths-based approach.