



FREEDOM  
FOUNDATION

Francesca Tuitt

**Y-WISE**

# NOTTINGHAM GIRLS ACADEMY



Freedom Foundation works to empower children and young people by using singing, song writing and dance to improve their physical and mental health. We believe that all young people have the potential to thrive and through the creative arts they can explore their identity, celebrate diversity and harness their individuality.

Freedom Foundation brought their Y-WISE programme to Nottingham Girls academy in March 2022. This was made possible with our funding received from UK Youth. Our aims and objectives is

To motive the minds of young women to feel empowered to actively seek change

To advise the young women of the many opportunities available to them through further education and various career pathways.

To instill self-belief and worth, and provide an opportunity to vocalize feelings, emotions, frustrations, or lack of aspiration.

To understand what it means to feel safe and how YW and girls can protect themselves and understand their rights. To create a youth led project through social learning and social action.

Our experienced facilitators delivered the sessions each week with a group of x9 year 9 girls. This was delivered face to face as part of a community project within school hours. Throughout the programme you could see amazing differences in the students as we helped to educate, instill confidence and support them emotionally, as well as build leadership skills through social action over the x16 week period.

# OUR PARTNERS



Freedom Foundation would like to extend our thanks to our delivery partners, who helped us to make Y-Wise a success for children aged 13-14 years in the Nottinghamshire area.

## UK YOUTH



**Y-Wise**



**x16 week  
programme**

**x9 students**

**X30 hours  
Delivery**

**x2**

**Facilitators**

**SNAPSHOTS**

# Demographics

**100% Girls**

**67% Attended  
all of the  
Sessions**

**Ethnicity:-  
Black- 11%  
White - 33%  
Asian/Asian British - 55%**



# **AIMS**

**IMPROVE CONFIDENCE**

**UNDERSTAND THE EFFECTS OF SOCIAL MEDIA  
ON OUR MENTAL HEALTH**

**IMPROVE SELF WORTH  
AND CONFIDENCE**

**UNDERSTAND THE IMPORTANCE OF ACCEPTING  
THE DIFFERENCES IN OTHERS AND THEMSELVES**

**TO INSTILL SELF BELIEF AND SELF WORTH, AND  
PROVIDE AN OPPORTUNITY TO VOCALISE FEELINGS,  
EMOTIONS, FRUSTRATIONS OR LACK OF ASPIRATIONS.**

**TO CREATE A YOUTH LED PROJECT**

## **TOPICS EXPLORED**

**"WHO AM I"**

**ACCEPTANCE/SELF WORTH**

**SOCIAL MEDIA**

**HOMELESSNESS**

**RACISM**

**STEREOTYPES**

**MENTAL HEALTH/WELBEING**

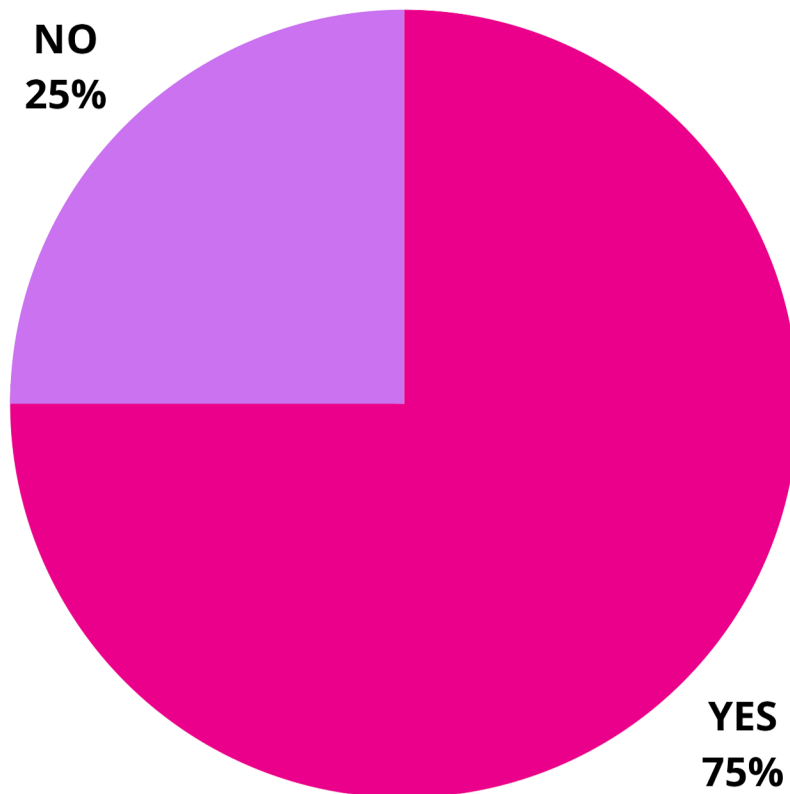
**GOALS AND ASPIRATIONS**

# How do you feel about joining the Y-WISE?



THE FOLLOWING QUESTIONS WERE ASKED  
ON THE FIRST SESSION OF Y-WISE

# Do you like being active ?





# **DANCE AND SOCIAL MEDIA**

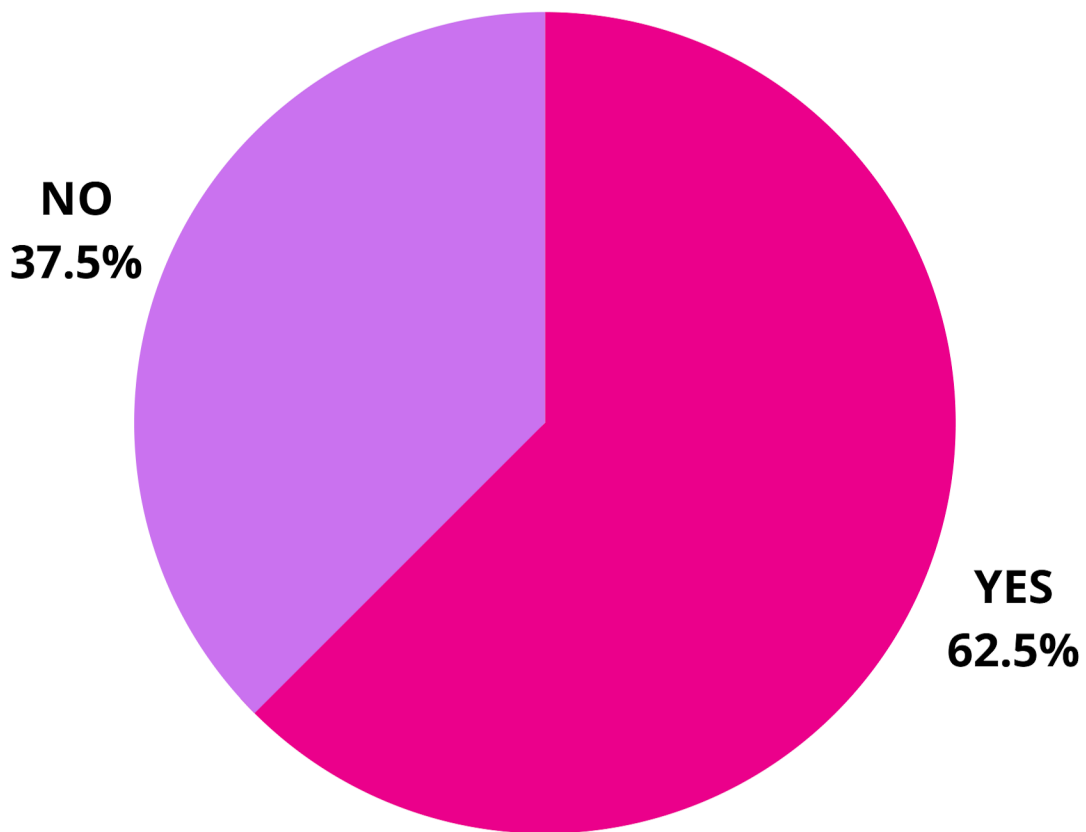
**87.5% yes**  
**12.5% no**

**OF THE STUDENTS HAD  
DANCED BEFORE**

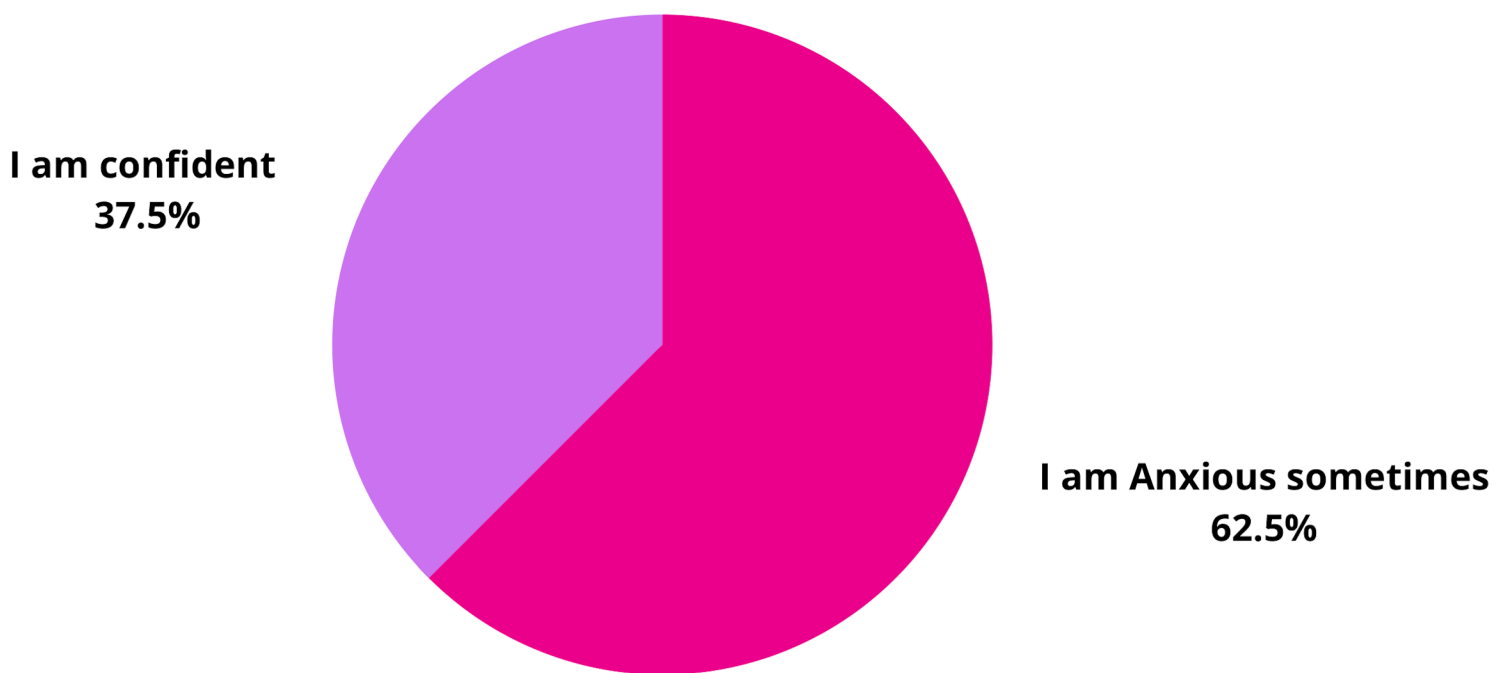
**87.5% yes**  
**12.5% no**

**Do you have a  
social media  
profile**

# Have you received negative comments online ?



# Which sentence describes you best ?





# Here's what we got up to at Y-WISE!



# SOCIAL ACTION PROJECT

The social action project that the young people wanted to create was to help the homeless. They came to this decision after exploring the topics through social learning. Upon discussion and research the students felt there was an increase in homelessness especially after covid.

Through social learning the girls mentioned how upset it made them knowing people didn't have food, homes, and essentials, and they wanted to tackle the ongoing problems that homeless people face.

The girls created care packages with hygiene products, towels, sanitary products, sweets, water and sleeping bags. They then delivered these packages to a charity that help the homeless called Emmanuel house in Nottingham.

The girls have had a huge impact on delivering these packages to Emmanuel house and they are set out to help 16 homeless men and women.

We made a contact with Tesco, Wilkos and Sainsburys who donated a lot of the products for the packages. They donated hygiene products, sanitary products, fruits bars, sweets, bags, water.



# HOW Y-WISE HAS HELPED WITH GOALS, ASPIRATIONS AND EMOTIONS.

Some of the young people's mindsets began to change during the project, they are more confident in who they are and their abilities. They all have dreams and ambitions however they weren't fully clear on how to achieve their goals.

Through tasks and talking with the young people they felt more in control of their future the goals they needed to achieve to get to where they wanted to be, and to remain focused on the current and future goals they had set themselves.

We explored emotions by looking at positive affirmations and through discussion we spoke about how they deal with stress and anxiety. We introduced the breathing technique.

We spoke about dreams and aspirations and a positive mindset. They set themselves goals, looked at their strengths and weaknesses and they wrote themselves a letter to their 30-year-old self.

We gave the girls an analogy by using a piece of plain paper with no creases and asked them to scrunch it up. We asked them to get it back to the way it was, but they couldn't. We used this to explain that each crease represents something we may go through, we can't make those things disappear, but we can learn from them and grow. We can either let it make us or break us.

# CONFIDENCE

One of our aims at Freedom Foundation is to help young people increase their confidence in themselves and their abilities..

Out of 5 – 1 being low and 5 being extremely high

Rate your confidence prior to Y-Wise

67% said 2

11% said 3

22% said 4

Rate your confidence after Y-Wise

77% said 4

22% said 5

**AT THE END OF THE  
PROGRAMME.....**

**100%**

**OF THE STUDENTS SAID THEY  
WOULD LOVE TO CONTINUE  
TO HELP THE HOMELESS**

# DANCE

The students learnt street dance and hip hop techniques and routines.

We spoke about the importance of physical activity and the affects this has on the body and mind.





# Team building day

We took the students out for a team building day.

We went to an escape room where we split the girls into two groups.

They had to work together as a team to escape.

This was a great experience as we saw who worked well in a team, who took control and who was good at making decisions.

We then treated them to food.

We took a trip to Emmanuel house where the girls spoke to the CEO, who explained what they did and how we could help. The girls shared their ideas on how they wanted to help Emmanuel House.



# 4M Coping Strategy

**Motivational Music for Mood and Mindset.** Through an understanding of the impact music can have on our mental state of mind, we equip young people with the tools to develop their creative thinking to influence their outlook on life. The 4M coping strategy is a method that has been tried and tested by Stacey Green (co founder) on a number of students in various settings (including a special needs school) over the past few years and has proven to have a positive impact on children and young people who may or may not suffer with anxieties.

The students really enjoyed this and most agreed they would use music as a way to impact their mood positively.



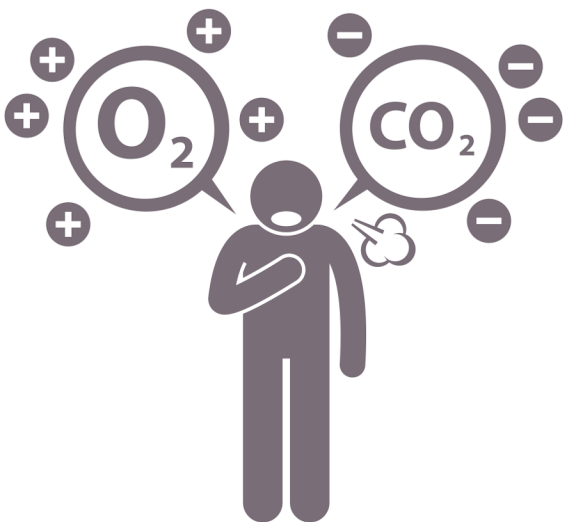
# Breathing Techniques

Demonstrated for those who suffer with anxiety as a tool to help them change their mindset and mood and learn to take control of their emotions in difficult situations.

The group took this task very seriously and had real focus throughout which was fantastic to see.

We teach the students this as another way to cope with anxiety or the stresses of everyday life.

Students said they already know some breathing exercises and it really helped them relax.



# Visiting Emmanuel House

The girls made up 16 care packages with hygiene products food bars and water and delivered these to Emmanuel house, along with towels and sleeping bags that we purchased.

Emmanuel house have been fantastic, and the CEO spoke to the girls about how they can continue to help and make change.

They were delighted with the care packages they received and explained to the girls how much this would help the homeless.

**"Dear Fran and the Y-Wise group,  
Thank you very much for your recent donation of sleeping bags and care packages to Emmanuel House Support Centre.**

**With your donations, you make the difference to those who are homeless, rough sleeping, in crisis or at risk of homelessness in Nottingham. With no statutory funding for our core services, we rely on donations such as yours to continue providing this much-needed support. It is the support of the wider community that enables Emmanuel House to succeed in helping people out of homelessness and we are deeply grateful for your donation"**

**Denis Tully CEO Emmanuel house**



# WHAT THE STUDENTS HAD TO SAY...



# STATS

**100%**

ENJOYED Y-WISE AND  
THE PROJECT

**100%**

SAID THEIR  
CONFIDENCE  
IMORVED

**100%**

THEIR FAVOURITE PART WAS  
DELIVERING AND PUTTING  
PACKAGES TOGETHER

## Quotes from the students

*"We are so happy we were able to help"*

*"I felt like I needed to help as I can't imagine what it's like not having a roof over my head, and it can happen to anyone of us at any time".*

*"This project has really help me understand what homeless people go through and how much help there actually is out there. I'm grateful I got to help."*

*"This project has really helped build my confidence, I never thought id be able to talk o large businesses"*

*"I lacked motivation, but since taking part in this project I feel I have more purpose"*

# What the Teachers had to say

## Miss Kotze - Feedback Head of year 9

*"This project is something I would strongly consider being part of again, as I have seen the benefits for the young people that have taken part.*

*The aims of the project were very relevant and beneficial. The young people have been exposed to and discussed relevant social issues.*

*I have noticed a marked improvement in their confidence and social skills.*

*They have shown a level of maturity when presenting to professional institutions.*

*They have explored how they can make a difference to wider social issues.*

*Contributing and feeling like they have made a difference to the greater community.*

*Staff involved with the young people were well suited to get the most out of them".*



# HERE'S WHAT OUR CASE STUDIES SAID....

**What will you take from the project?** - *"I will encourage others to help"*

*"I will help spread awareness of homelessness"*

*"how much my confidence has grown"*

*"not to judge people"*

*"everyone is able to help so we can make the world a better place"*

**What have you learnt about yourself?**

*"I have more confidence than I think"*

*"I am good at communication"*

*"My confidence has grown"*

*"I can make people feel good about themselves"*

*"that I am a team leader"*

• **How is this going to change anything in your life moving forward?**

*"I will try and donate things I don't need"*

*"I am aware of what is out there so I can help more"*

*"to have more empathy to those who have less and not judge them based on where they are in life at that specific time"*

*"I would like to help charities more"*

*"I would like to help more in general"*

*"yes as I have seen the impact we can have by donating"*

• **What skills have you gained?**

*"Confidence and speaking to people"*

*"confidence and leadership"*

*"better teamwork skills and communication skills"*

*"to speak to people I don't know"*

*"confidence"*

• **Are you happy with what you have achieved in this project?**

*100% said yes*

• **Do you feel confident in how you can continue to help if you choose to?**

*100% said yes*



*Thank You*

TO ALL OF OUR  
STAFF AND  
DELIVERY PARTNERS

**UK YOUTH**





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