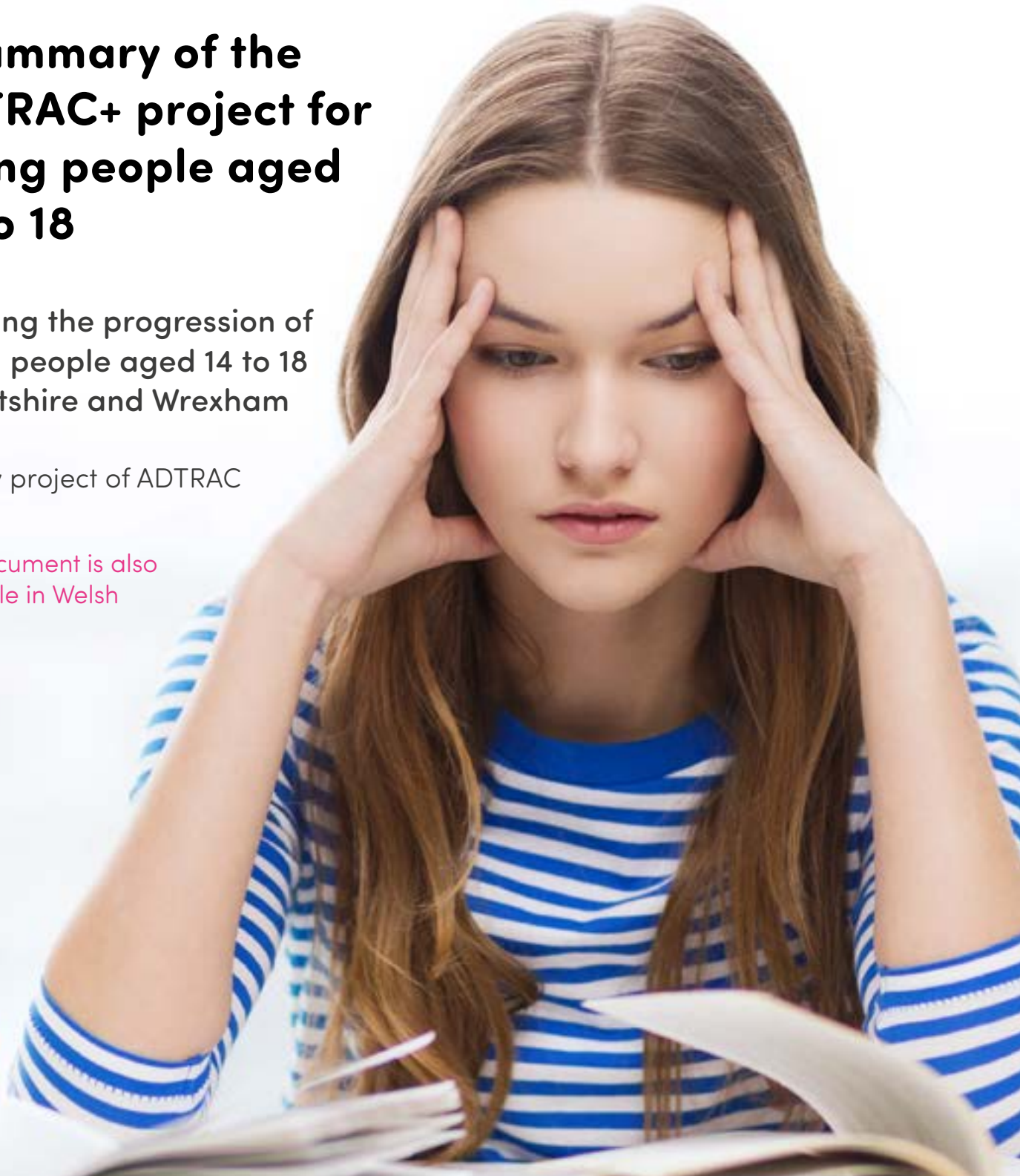


A summary of the ADTRAC+ project for young people aged 14 to 18

Inspiring the progression of young people aged 14 to 18 in Flintshire and Wrexham

Legacy project of ADTRAC

This document is also available in Welsh



Contents	
What is ADTRAC+?	3
What we offer	4
Achievements	5
Examples of support	10
Young people and ADTRAC	13
Contact us	17



What is ADTRAC+?

ADTRAC+ Project provides 1-2-1 support to help young people aged 14 to 18 explore their options and progress onto the next phase of their life. This could be looking at where to go next from school including further education and apprenticeships or looking for other opportunities including volunteering or employment.

If you are not sure we can even help you look at all of your options and talk through them at your pace and you can make a decision based on what's right for you.

Working with you we can help develop an action plan that helps you to identify what support you need, this could be looking at the barriers that you feel are stopping you from progressing, examples of this could be accessing public transport, helping you become more confident, build on your current skills or help to develop new skills and to do this.



ADTRAC+ is a legacy project which is running in place of ADTRAC which had previously ran for three years across Flintshire and Wrexham.



What we offer

A mentor that will work closely with you.

Personalised action plans that you develop with a mentor to see what support you need and what you would like to do in the future.

Support to work through any barriers that are stopping you from achieving your goals. This could be meeting other services who are specialists in that area.

Wellbeing support including the opportunity to access a Mental Health Practitioner from CAMHS.

Access to opportunities such as training courses, volunteering and peer groups.

Linking you to other services that can help you explore your options for the future.



Achievements


**65 Young
people in
education**



**191 Young
people improved
their confidence**




**49 Young people
into employment**



**81 Young people
gained a
qualification**



**167 Young
people
improved their
employability
and work
experience**




**45 Young
people gained
more than one
qualification**



**151 Young
people reported
improved mental
health**



**155 Young
people reported
improvement in
their skills and
qualifications**

A photograph of a group of young people, mostly seen from the chest up, giving thumbs up. They are arranged in a circle, and their hands are the central focus. The background is bright and slightly blurred. A blue semi-transparent overlay covers the top portion of the image, containing white text.

**155 Young people
reported that they had
had a positive learning
experience with
ADTRAC**

Examples of support

If you are still not sure, we have some examples of work we have done with ADTRAC.

Simon accessed the ADTRAC project as he was isolated and had anxiety around his appearance.

Simon had disengaged from his friends and did not leave the house and this impacted on him getting back into employment.

Simon received support to help with his anxiety, to access the community and attend groups this helped to build his confidence.

Simon now works 16 hours a week in retail.



Samantha was referred to ADTRAC by the Department of Work and Pensions, Sam dreamed of going to university but felt that this was not an option due to having Aspergus. Sam was a creative, intelligent young woman that played lots of musical instruments.

With support from ADTRAC, Sam built up her confidence to access public transport and attended a confidence course where she made friends. Sam became more confident on the bus and was able to start making her way to a volunteering placement in a local music studio.

Sam is now at University and living independently in student accommodation.

Aaron joined the ADTRAC project as he was unfocused on what he would like to do and wanted to build on his confidence.

ADTRAC supported Aaron to attend appointments which included the Job Centre.

Through support from ADTRAC the young person accessed some courses ran by Adult Community Learning and these positive learning experiences encouraged Aaron to apply at College and start on a catering course.



Sarah came to speak to ADTRAC as she needed support with her confidence, Sarah was socially isolated and struggled in school.

Sarah attended several courses including confidence boosting, where she gained several qualifications and this helped reduce her fear of getting back into education. Sarah also attended our weekly youth group where she was able to meet new people and make friends.

Sarah is now in university completing a level 2 dance and theatre arts course.

Naomi had struggled to engage with school; with poor attendance, was a young carer who suffered with her mental health came to ADTRAC for support.

Naomi was very apprehensive about attending college due to previous negative learning opportunities, this had also impacted on her confidence and Naomi found herself socially isolated from her peers.

ADTRAC worked with Naomi to build up her confidence by attending groups and short courses and through this support built up the confidence to enrol at College.

To help Naomi at college ADTRAC liaised with the college to help them gain a better understanding of Naomi's support needs, these were all in place when Naomi started her course.






Young people and ADTRAC

"I have ADHD and I was lucky enough to have support from ADTRAC, with ADHD I struggle with things like organisation and time management, it was really helpful to have someone guide me and help me with appointments. ADTRAC helped me with my application for university and applying for funding, just having someone who would sit with me and check in to see how I was doing was really helpful. ADTRAC offered a lot of support, I know I need support, that's ok. I now realise my potential and I am more confident, I can now ask for help!"

**"I know
I need
support,
that's ok."**



"I have suffered from trauma and a brain injury, ADTRAC have been very helpful, they have helped with my social skills and to meet up with people my own age.

I have been on a few courses with other young people which has helped me interact with other people as I am keen to get back into society.

ADTRAC has helped me to feel more confident to face bigger challenges, I know I have limitations but I now feel I am able to work through them"

"ADTRAC has helped me to feel more confident."



“ADTRAC have given me the chance to access new opportunities, without their encouragement and support I would still be where I was; not doing anything. I have met new people, been on several courses and attended groups.

I had mentors that helped me with budgeting, helped me to improve my mental health and when I’m having a bad day they check in to see how you are and understand, they don’t force you do things you don’t want to, but they invite you to everything they are doing! They can help lighten the load for you.”

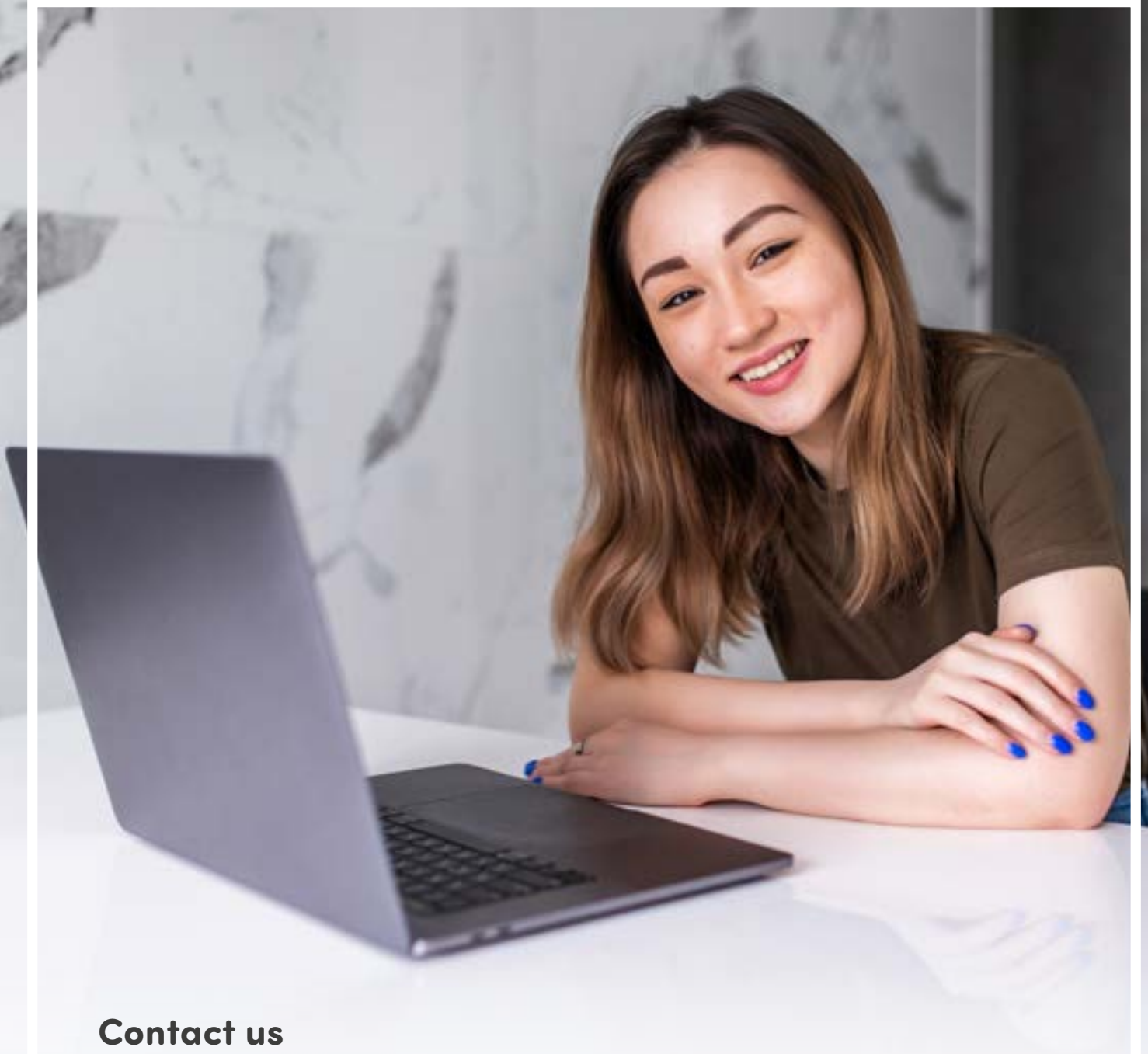
**“They
can help
lighten
the load
for you.”**



“ADTRAC helped me with my confidence to talk to people I don’t know, to go on the bus on my own, helped me go into a shop without someone next to me all the time, pay for things and save money”



“ADTRAC the project gave me more confidence in general, it helped me mix with a variety of people, ADTRAC also helped me try to aim for a career all while volunteering at different places before landing myself a job”



Contact us

If you would like to speak to someone about ADTRAC+ you can get in touch by;

Email: adtrac@wrexham.gov.uk

Telephone: 01978 295518

youngwrexham.co.uk/info/adtrac

where you are able to download leaflets and the referral form.