

TFN Impact Report

Name of your Organisation:	You Make It
Name of the project TFN funded:	Pastoral Care & Counselling
Date Funded by TFN:	15 May 2017
Were you able to undertake your project as planned?	Yes
Can you describe and/or demonstrate the specific impact that TFN funding has had against your initial objectives?	<p>With thanks to this funding, we have been able to trial a Pastoral Care programme and used part of the extra income as agreed with TFN to fund our new 1-1 Counselling service. We've been able to recruit a team of 3 pastoral care workers, including a trained counsellor who address needs around mental health, housing, benefits and domestic violence. To date, we have been able to offer 52 hours of pastoral care and 1-1 counselling to 27 women. These sessions have transformed the way we've been able to work by ensuring that women have access to immediate, and at times same-day support when in crisis. This has been particularly useful to fill in where mainstream services often have very long waiting lists. When necessary, our team have made 19 referrals to other longer-term mainstream services to ensure that they access support beyond our programme.</p> <p>The service is now promoted at our workshop induction sessions and the strong uptake has also been matched with positive responses from our women. 100% of women who accessed pastoral care or counselling have cited it as being invaluable and helpful for them to progress. Further, we have been able to strengthen our retention rates again with 96% of participants graduating on our last programme whilst dealing with issues of grief, sexual and domestic abuse and mental health conditions.</p> <p>Many of our participant have felt particularly encouraged and comforted because staff come from similar ethnic and social backgrounds, and are willing to support with these often taboo topics for Black and Asian communities. We've also noted that after accessing support, our women are encouraging other participants, friends and relatives to also access support for these issues. We recognise that this support not only creates stronger programme outcomes, but has life-long impact on women, their families and communities.</p>
What portion of the project did TFN fund?	100%
How many direct beneficiaries did the TFN funded project reach?	27
How many indirect beneficiaries did the TFN funded project	This is hard to quantify, but we know anecdotally that our women have promoted mental health and wellbeing within their families,

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reach?	friendship circles and communities. We recognise that this number will be largely enhanced by the fact that a number of mothers have used this support.
Were you able to leverage further funding as a result of TFN support?	Yes
If yes, how much were you able to raise?	Adiddi - £2,775 (to cover counselling)
Did you receive any pro-bono support, volunteer offers or introductions as a result of the event?	Yes
If yes, please can you provide details of the support you received?	We met somebody from BWB who has been in contact about developing a corporate partnership with YMI.
How important was TFN funding in helping you achieve your objectives?	We wouldn't have been able to achieve our objectives without TFN funding
Since presenting at TFN, has your organisation undergone any other significant changes?	No
Do you have any other comments or feedback on the experience of the TFN process?	We are very appreciative for the support from TFN. This funding allowed us to pilot this important new service to our users, and because it has worked so well, we will continue to raise funds to deliver it as part of our core service to programme beneficiaries going forward. See our film about our new service - https://www.youtube.com/watch?v=f3BaWoAR_mE
Can you tell us any personal stories to highlight the value of the project?	<p>Mariah, a young woman from Hackney with an interest in writing joined YMI keen to start a creative career. Just 4 weeks into the programme, she found out that her boyfriend had been murdered. A week later, she received further bad news that her grandfather had also passed away from cancer. We were pleased to be able to offer her the opportunity to meet with one of our pastoral care workers and then to receive 4 counselling sessions start processing her grief. We also made a referral to access longer-term support.</p> <p>At graduation she cited the invaluable support from our pastoral care and counselling team as the reason she was able to stay afloat in the months after her traumatic losses. She was able to use her mentoring sessions to focus on her personal and professional development, and not drop off of the programme. Mariah was pleased to complete a work placement at Grazia Magazine and is due to be featured in a piece she has written for Cosmopolitan Magazine on her grief.</p>