

Name of Young Person	<i>Sarah</i>
Age of young person	13
Project/Activity	Youth Committee
Brief description of activity/project	Young people set up their own youth committee as part of The Core Project to ensure they get their voices heard and help to make decision about the delivery of youth work and activities at the centre.
Why/how did the young person become involved in the project?	Sarah originally came to the centre through a referral from the Kernow Young Carers project. She became a member of our junior youth club and was asked last summer if she would be interested in joining our youth committee, as she was keen to get more involved.
Brief background to young person (particular challenges they faced/key turning points)	Sarah is a young carer for her mother; she lives at home with her mother and father and is an only child. When Sarah first came to The Core she was extremely shy and quiet. However once she started attending youth club she began to come out of herself and really enjoyed doing art and helping with events. Sarah was really keen to help with the youth committee and put herself forward for secretary.
How has the project supported the young person?	Sarah has been supported to participate in events and take part in group activities, which she would never normally feel able to do. We have supported her to discover her strengths and increase her confidence. As she is one of the older members of the youth committee they look up to her and she has established a well-respected role for herself, which is fantastic to see.
What kinds of activities have they done and what skills have they developed whilst on the project?	Sarah never lets us down and is always reliable and responsible at events. She has grown in confidence with art and design and now helps our arts worker at events too. She speaks out in committee meetings and has learnt to write minutes of the meetings. She really is a valued member of the team.
What difference does the young person think the project has made to their life?	Sarah now has a social life outside of school, which she did not have before she joined us. She now has access to youth workers to talk too if things get tough at home and she gets to have a break and just be herself, not a young carer, which is the biggest difference. For us the difference in Sarah from when she joined us under a year ago has been incredible, she came to us as a shy, quiet unconfident girl and now she is the first to put herself forward to help at events, speak out in meetings and she even smiles more, which is the best outcome of all!
Please provide any additional information	Her support worker at Kernow Young Carers was especially delighted at the difference joining The Core has made to Sarah's life. They hardly have any contact with the family now as the impact to Sarah and her caring role has been so positive by her having more social time, that there is less strain on her.

**\*Names have been changed**

