



# How Amazing Futures works with young people

## Our ethos and values

Amaze believes all young people have the right to be heard, respected and fully included in the community.

So this is what you can expect from Amazing Futures when we work with you:



### **Listen**

We will listen to you, to find out what support you want from Amaze. We will respond to what you tell us.



### **Support**

We can help you understand what your choices are.

We can support you to take the steps you need, to get to where you want to be.



### **Empower**

We hope to help build your self-confidence, self-worth and resilience.

We can help you to:

- connect with other young people
- make decisions about your life
- take action

# The 5 Ways to Wellbeing

We promote the **5 Ways to Wellbeing** in our work with young people:



## Connect

We offer peer support. This includes group sessions, and one-to-one support too. So you can meet other young people like you, in the way that feels best for you.



## Learn

We can help you find out about learning and working, and to make plans for your future. We sometimes run sessions to help you with life skills like cooking too.



## Being active

We play lots of games at our groups. We like to get outdoors and enjoy parks, woodland and the beach, too.

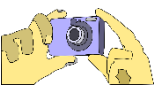
We can tell you about other local activities you might enjoy. In Brighton, we can help you access Compass Card offers.



## Giving

There are lots of ways to volunteer with Amazing Futures:

- as a peer supporter
- as an activity leader
- helping make our young people's e-zine "Amazine"
- as part of our Young People's Voice group



## Taking Notice

We encourage you to reflect on things like:

- how are you feeling?
- what is going well in your life?
- what would you like to change?

You can get creative at our art and drama sessions too.

**We look forward to seeing you!**