



Bright Futures

Helping care experienced young people in York gain an insight into the working environment



“ As four graduates, we know how daunting taking that first step on the job ladder can be. When we were offered the opportunity to deliver an interview skills session for students close to taking that first step, we jumped at the chance! ”

Adam Monkhouse, Systems Thinking Consultant

Employees from Aviva created and delivered an interview skills workshop for looked after young people. This was part of the Bright Futures project which aims to help looked after young people aged between 11 and 18 gain the skills, knowledge, attributes, and experience to help them with their next steps.

Four of the employees who worked on designing and delivering the session were on graduate programmes with Aviva so taking part in the project gave them the opportunity to use their recent experience to benefit others.

The workshop helped young people understand the journey from seeing a job advert to successfully securing a role. This involved taking part in activities to help the young people think about their skills and experience, what CVs are, and mock interview role play.

At the end of the session the young people who had taken part were so positive about the session that it has since been run again for a different group of young people!



Starting Blocks programme

Outcomes for employee volunteers and partners

- Build the confidence of looked after young people and help them consider options for the future
- Positive way for employers to showcase the diversity of roles within their organisation
- Help improve the young people's understanding of routes to employment and work practice
- Support the young people to consider their interests and skills and boost their confidence

If you would like to get involved in our Starting Blocks programme then please contact Georgia at York Cares on **01904 323482** or via info@yorkcares.co.uk

Results and Achievements

- Looked after young people learnt about various routes into employment and how to make a successful job application
- The feedback from the first session was so positive that it was run a second time for a new group of young people
- Employee volunteers were able to share their skills and expertise in order to help improve the young people's understanding of routes to employment and work practice

“ I feel more confident about getting a job now. ”

Looked after young person

Get in touch

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Making York
a better place

