



# Day1 Newsletter

Discovering our youth potential

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## Successful Big Weekend at Badaguish



The start of the summer saw Day1 hold it's biggest activity weekend with more than 40 young people and their mentors getting involved with the outdoors.— see **inside for the full story.**

## Work Experience Partnership Program

An exciting new initiative has been set in motion to provide Day1ers with real life work experience which will give them a true insight into the world of employment. Day1's Partnership program will rely on organisations that will be able to put a work mentor in place for the duration of the experience (5 days) to make it more valuable in terms of learning the main aspects of a working environment. So far Day1 has signed up Lifescan, Macrae and Dick and Aquascot with ongoing discussions with Blytheswood and the Highland Council. This new program is an ideal opportunity for Day1ers to get a taste for employment and hopefully to spark off an undiscovered ambition.

# The Big Weekend

“If you don’t do it, I won’t do it”, encouraging words from mentor Laura Crossan, as she tried to persuade 16 year old, Oceanne Camus to take the plunge and leap into the icy river below as Day1 took on canyoning- a hobby not for the faint hearted- on the latest activity weekend in Badaguish.

On the 3<sup>rd</sup> June more than 40 mentors and Day1ers travelled to the Cairngorm National Park making it the biggest activity weekend yet for Day1, and co-director Corrin Henderson also deemed it the most successful, as everyone soaked up a weekend of BBQ’s, games and adrenalin filled activities, which included quad biking, paintballing and horse riding. For many the weekend marks the end of the mentoring year as a new group of Day1ers are due to start the program in August, However for all the kids on the program the work of the Day1 team over the past year has given them the positive direction they need and the



motivation to follow their ambitions. Their mentors have helped steer their focus with many of them opting for higher and further education. Oceanne has now left school, but has enrolled into an SVQ course at Inverness College in Child Care with a job in Tain starting in August and close friend Jenna Greenwood is staying on to sit her highers in 5<sup>th</sup> year at Dingwall Academy. The weekend gave the kids the

chance to meet up, some for the first time but from the outside it would have looked like a few friends having a

long overdue catch up.

Two other girls keen to go into child care were Debbie MacGillivray and Naomi Davis. Naomi is outgoing and confident, traits she only recently discovered, as before starting the Day1 program she felt most at ease behind her bedroom door. Outings with her mentor, Kaylisa Davidson have helped dissolve any angst and given Naomi the self-assurance she was lacking.

Day1 provides the support that these young people need and helps them appreciate their own potential. Many teenagers leave school at an early age with no intentions to pursue a career in an area they are passionate about, Day1ers in this situation can turn to their mentors for advice about what next step to



Far Right: getting kitted out for Canyoning

*‘I’m glad they set it up, without Day1 I wouldn’t be on the right path’*

take. Iain Wright, mentored by Derek Oliphant, has since discovered his ideal job and has enrolled in an SVQ course at Inverness college in professional cookery. During the weekend when the mentors weren't under fire from a teenager with a paintball gun or ducking and diving on a rugby pitch, they too got the chance to meet each other and reflect on their role within Day1. Whether it was through a poster on a local notice board or via a friend of a friend, mentors sign up to Day1 with little knowledge of what they are in for. However, 6 months down the line words like 'rewarding' and 'excellent' are used to describe their role as a mentor. Eddie Frew, mentor to Mikie Taylor, 15 from Culloiden, joined Day1 last Christmas and admitted to being initially uncertain of what he could offer a young person in the way of support and direction but he soon realised that all the kids have potential in different ways and that all they need is some guidance - being able to offer this to a young person can turn their whole outlook on life around. Eddie managed to get Mikie involved

in some work experience at Macrae and Dick where he works full-time as the service manager, however he has plans to return to school next term and work towards a career in barbering. Mikie, said just before his mobile vibrated, 'I'm glad they set it up, without Day1 I wouldn't be on the right path', he is grateful to Day1 as through the support of Eddie he has become more focused and level headed. Mikie then replied to the text turning down an invite to fight a boy from school. Throughout the weekend Day1er's and their mentors were given the chance to explore the national park and

have time together away from the group, while some came back with high spirits and exhausted from trekking on horseback others were refreshed from an afternoon at the beauty salon. The key success of the mentoring programme is obvious to see - it's friendly chitchat between a mentor and their mentee, whether its sitting squashed up together on the sofa or cheering each other on when faced with a 15 foot drop by the side of a river - the bond created is vital to ensuring that guidance can be given by the mentor and that the young person has the conviction to follow it. Oceanne eventually jumped.



**'All the kids have potential in different ways and that all they need is some guidance'**

**Left: Donna  
And Natalie**

## The One Hundred Mark

Now into our 6th year we have over 100 mentors who have gone through the Day1 training program and more importantly we have gone through the 100 mark for young people who have benefited from the Day1 program. This a huge mile stone for Day1 as in our first year we only took on around 6 young people but since then the success of the mentoring program has taken off and the results speak for themselves.

## Where are they now?

**After a year of one on one mentoring, here is how some of the Day1ers are getting on.**

Lauren Chalmers completed Day1 in August 2010 - Since then she has completed a 5 month fulltime work placement in Childcare, a five month getting ready for work program, has just started full time employment in a commercial laundry and has signed up to become a Day1 mentor.

Josh Woolley completed Day1 in January 2011 – Since then he has started a motor mechanic apprenticeship in Inverness.

Kayliegh O'Neill completed Day1 in August 2010 – Now working as an apprentice in hair and beauty.

Chloe Rankin completed Day1 in August 2009 - Now working full time in a beauticians in Dingwall.

Megan MacDonald completed Day1 in August 2010 – She is going into her second year at college studying childcare.

Jodie Cowie completed Day1 in August 2010 – Now working full-time in a beauticians.

Rory MacDonald completed Day1 in August 2010 – Now is employed as a full time motor apprentice.



## Funding Success

Other news is that Day1 has cemented its position as a "managed client" of Highlands and islands enterprise. Our social enterprise proposal has gone forward to the next stage and HIE's process with regard to financial support and this is the "due diligence" stage.

## Further Honor from Scottish Mentoring Network

Day1 were the runners up for the region of Scotland to go forward to the British National mentoring project of the year. SMN are calling it the "Highly Commended Certificate". Day1 was thrilled to receive this news as the mentoring program deserves this recognition and we are grateful for it.