

CashBack Positive Changes

CashBack Positive Changes offers young people who are at risk of involvement in offending or anti-social behaviour needs-led support.

SR struggled to engage in school and was unlikely to gain any qualifications.

When she first joined the programme, SR found it difficult to engage in conversation but soon the group bonded over shared school, mental health and social challenges. The peer group was supportive, open and honest. The environment and trust created on the programme allowed a safe space for young people to talk and discuss things going on in their lives.

“I felt less anxious to take part. Group didn’t feel like school, more relaxed and less pressure on me. I got on really well with everyone”



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Throughout SR's time on the programme, she went from reluctantly attending to fully getting involved and enjoying the activities and group work.

Through discussion, it became apparent that working through SQA Level 3 Wellbeing Award may be beneficial for SR and she responded positively to this opportunity.

SR met with her keyworker, Kerri, regularly to work on the qualification SQA Level 3 Wellbeing Award.

SR was able to identify the negative aspects to her wellbeing as well as the positive changes she could make that would contribute to a healthier lifestyle both physically and mentally.

This was a breakthrough time for SR as she began going to the gym and taking walks regularly to benefit her mental health.



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SR was able to acknowledge that she needed time for herself and to surround herself with positive, stable relationships. SR enjoyed introducing structure and routine to her day.

SR was able to gain her Nat 3 Literacy and Numeracy qualifications. SR was also supported to apply to be a young volunteer with LANDED. She continues to attend training weekly which once completed, this will allow her to deliver peer education sessions around the use of drugs and alcohol. As well as achieving three qualifications, SR now has structure and routine in her life with a clear route to continuing her progress.

SR is now also applying for part time jobs.

SR has grown in maturity and self confidence and self belief, taking on responsibility and making changes in her life.

“Since I’ve been working with Kerri, I’ve gotten more confident, been able to get into a course that I now love because of Kerri’s help.”

