



*“There isn’t just one best thing about being involved within SSF, there is loads!! I have gained so much from starting at the SSF Chance:2:Be programme. They have provided me with so many opportunities and support.”*

*– Conor  
(Pictured in the middle)*

- Conor initially started the SSF Chance:2:Be programme with very low confidence and as a result was reluctant to try new things, despite having a clear passion for sport and physical activity.

With the support of the SSF Youth Workers, Conor not only gained qualifications but he also developed numerous skills since starting the programme, working specifically on building his confidence levels. He will now actively engage in trying new things and share his ideas with the SSF Youth Workers. He has also made new friendships along the way making him feel more connected with his community.

## SSF CashBack - Transforming Lives

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The SSF Youth Workers worked closely to ascertain exactly what Conor wanted out of the programme. Diane (SSF Development Coordinator, Glasgow) has been supporting Conor with his journey to his positive destination so far. Conor expressed his appreciation for her support alongside exactly how she helped:

"Diane has supported me since I started, she came out and met me before SSF Chance:2:Be started to tell me all about it and went on the bus with me to show me the hall. This was real good because I didn't know anyone on the programme, and felt very anxious about going myself. She has also helped me with job applications, took me to interviews which really helped because I get so nervous if I don't know where I'm going. Diane always supports me and encourages me to try new things. That's how I started Shell Twilight because she told me it was football, and she knew I loved football so I now go every Friday."

– Conor



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After completing the 12-week personal development programme, Conor:

- gained eight qualifications
- developed new skills, knowledge and experiences
- gained a place on the Glasgow Sport Training Academy programme

Conor is looking to gain a career in sport after achieving lots of experience within the SSF Chance:2:Be and Shell Twilight programmes.

Conor has gained a place in college starting in August studying his passion - football. He is looking to develop further and bring all the new skills, qualifications and experiences, which he gained within both programmes to life.

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