


HEAR FROM

CYUK VOLUNTEERS!

CYUK Volunteer Mentor: Nicole, Greater Manchester



AS WELL AS
TACKLING
EDUCATION, CYUK
TRAINS YOU IN
DEVELOPING
LEADERSHIP SKILLS

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Since August, I have been part of CYUK. We are separated into different teams and placed in a primary or secondary school. I am on Team Imagination and we are based at Baguley Hall Primary School in Wythenshawe, Greater Manchester.

Baguley Hall runs a Walking Bus every morning, where everyday we walk an hour route around Wythenshawe picking up students and walking them to school.

Our focus is reading and spelling as this seems to be the priority throughout the school, so as well as supporting them in their morning English and Maths lessons, we take them out of class and do extra work on those.

As well as this, we are out every day - rain, snow or shine- doing break and lunchtime duties, which are always hectic!

It's been a challenging, but very rewarding journey so far, and I can't believe I'm halfway through it already!

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CYUK Volunteer Mentor: Jess, West Midlands



I STARTED A WELLBEING CLUB AS I HAVE A KEEN INTEREST IN CHILDREN'S MENTAL HEALTH



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I serve in Team Diamonds in the West Midlands at Hall Green Secondary School. I used my background in working with children and my knowledge of psychology and neuroscience to start an innovative Wellbeing Club to help her pupils manage anxiety and stress, and it's having a massive impact.

I run these clubs outside of school in a local community centre for children and wanted to give the opportunity to secondary school pupils. The programme is designed to help young people manage anxiety and stress whilst boosting self-esteem and confidence, which is done by following a seven-step programme. I also added crafts relating to the week's topic to reinforce what we are learning.

The students started as an anxious class but have developed confidence each week. They have gone from struggling to speak in front of each other to being able to discuss their visualisations and show evidence of this in their crafts.

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HEAR FROM

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CYUK Alumni: Paul, London



MY CITY YEAR WAS
NOT ONLY
TRANSITIONAL BUT
ALSO
TRANSFORMATIONAL



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Coming from an inner city school and having had someone who helped me a lot through my education, I already understood the profound impact that a role model can have on children's lives. Being able to help pupils - who feel distanced from teachers and parents - find their purpose or realise their skills, creates a special type of relationship that makes CYUK volunteers pivotal across the world.

But what drew me to CYUK was the added opportunity to develop my leadership skills and public speaking and I look back with happiness at the changes I've made due to the knowledge and experience I gained. The conversations I had with leaders in education, FTSE 100 companies and the media, not to mention global leaders, were unimaginable before the summer of 2014.

However, the best opportunities often happened in school: working with pupils on science projects, helping pupils build relationships with teachers by talking about undiscovered mutual interests and leading winning football teams, including a girls' team who had never played another school.

I did all this as part of a team. We were from a variety of cultural backgrounds with different outlooks, united in our purpose.

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