



Maybole

# The Carrick Centre

## End of Grant Report

### Overview

We are so very grateful to the Rotary Club of Ayr for funding a pilot study aimed at helping Young Adults with Additional Support Needs ASNs.

Carrick CAN (Create and Nurture) began as a 15 week pilot study to test the feasibility of the need for such provision for young adults with ASNs.

We ran weekly workshops aimed at teaching new skills in a number of subjects eg Cookery, Photography, Art and Crafts, The Great Outdoors, Digital Design etc. All the sessions were delivered with the intention of increasing confidence and independence whilst learning new skills.



### Summary Of The Project

During the project, we helped 9 young adults with a range of Additional Support Needs to take part in a range of activities aimed at increasing confidence and independence.

We ran cookery sessions which focused on teaching our young people to cook simple nutritious meals on a budget and even did some outings to local shops to “learn to shop within a budget.” We looked at the importance of simple Food Hygiene in the home and how to store food.

We went out and about in our community and learned about all the wonderful resources on our doorstep. We took public transport everywhere, looking at how to read timetables, use tickets etc.

We had photography sessions; mostly photographing our food and some portraiture. We had design sessions- working on a Carrick CAN Cookbook.

The social aspect of the project has proved to be extremely valuable with a sense of belonging and friendships being formed.

The young people, Parents and Carers expressed that they had observed (without exception) a notable increase in independence, resilience and confidence.

We are looking forward to an end of project trip to Arran next week.



## What Next?

This project has proved to be so valuable to everyone involved that we are determined to find funding to keep it going and perhaps find ways to increase the provision to help more disadvantaged youngsters. (We could have filled the group several times over).

We identified that for many of our young people Social Isolation is a major problem and most of the group were not accustomed to being outdoors or taking exercise.

We would like to increase our provision to incorporate outdoor activities, exercise and positive lifestyle choices.

We plan to work in partnership with other community groups to get the best possible experiences for our young people. Eg We had an excellent day out with Carrick Coastal Rowing Club and they are keen to work with us in the future.

We are still working on putting our cookbook together and are looking forward to forwarding you some copies in the near future!

So to The Rotary Club of Ayr- we thank you so much for your support. With your help we have established that there is indeed a need in our community for this project.

We would be grateful if your organisation could consider us for any projects in the future.

