

Ammaarah Sajad

THE JOURNEY SO FAR

BACKGROUND

Ammaarah was referred to the YES Hub in July 2024 by her work coach from the Job Centre, Nadim. Ammaarah signed up to the YES Hub and was provided with information on our free weekly activities. Ammaarah had recently recovered from a difficult time for her mental health - she was ready to devise a routine and become involved in activities.

SUPPORT RECEIVED

Following the referral, Ammaarah was given a tour of the building and a list of all the free activities and services available to her. One of the first activities Ammaarah participated in was a Henna class at the YES Hub, where she not only developed her artistic skills but also connected with others who shared her interests. These classes became a stepping stone for Ammaarah to open up socially, build her confidence, and start taking part in more activities for the benefit of her wellbeing.

Eager to prioritise her health and wellbeing, Ammaarah also joined CrossFit sessions offered by Elisha House Recovery Community, with a group of young people from the YES Hub. These classes, which included a unique blend of physical exercise and meditation, had a profound impact on her mental and physical health. Ammaarah found the meditation sessions particularly grounding, helping her manage stress and feel more centred. Her enthusiasm and positivity made her a role model among her peers, inspiring others to get involved and foster a supportive community. This was an important experience for Ammaarah as it allowed her to prioritise her health and wellbeing.

Ammaarah kept up the momentum and challenged herself further by taking part in outdoor climbing with Move2Change and fishing with MS Angling & Education - both of which were new experiences for her. These activities boosted Ammaarah's resilience and self-esteem. Fishing, in particular, allowed Ammaarah to destress and connect with nature.

Throughout the support received and attending activities, Ammaarah regularly attended her work search review appointments with her work coach Nadim. They built a strong rapport where Ammaarah was supported to document the job applications she made and request further employment support for any interviews. Ammaarah was regularly signposted to jobs and fast-tracked for interviews through the support of her DWP work coach and Nelson Job Centre local employer connections.

Ammaarah's growth and determination have led her to secure a role at a tuition centre. She credits the YES Hub for providing the opportunities and support that helped her thrive. Her journey highlights how a nurturing environment can empower young people to step beyond their limitations and achieve their potential.

NEXT STEPS

Although Ammaarah is in employment now, she is still welcome to attend any activities to benefit her health and wellbeing through the Pendle YES Hub. We will continue to check in with Ammaarah as this is only the start of her career and we believe she has incredible potential.

Pendle Hub
YES

YOUTH EMPLOYMENT SUPPORT



"As a young person who struggled immensely with anxiety and confidence, the YES Hub has been my safe space. Everyone at the Hub helped to build up my confidence and ultimately allowed me to make amazing friendships. I was able to meet so many lovely people from different backgrounds and walks of life. It's a YES from me."

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"Ammaarah was really open to attending all the activities through the YES Hub, she engaged brilliantly with the additional activities we offered over the Summer. It is clear that her confidence has grown and for this reason she achieved her goal of paid employment"

Mehvish Ashraf - Youth Engagement Worker