

[REDACTED]

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**From:** [REDACTED]  
**Sent:** 29 February 2024 13:52  
**To:** [REDACTED]  
**Cc:** [REDACTED]  
**Subject:** PLUS at the Cornton Family Hub

Hello,

I hope this email find you well. I just wanted to write in support of PLUS getting the Cornton Family Hub.

I started working at PLUS when I came to Stirling University in 2017. I remember when I came to visit Stirling when deciding what university to go to, the lecturer at Stirling who I met suggested I look into PLUS because I had previous experience working with adults with disabilities.

I could never have imagined how big an impact PLUS would have on my life!

I worked part time alongside my studies throughout university and I became an Event Coordinator and 1-1 worker in this time. I supported a teenage girl through lockdown, we would go for walks every Saturday and she asked if we could litter pick as she was bothered by all the litter she saw on her walks. We also wrote to local MPs and made posters to help raise awareness about the dangers of littering.

The experience that I had shaped me as a person and I have learnt so much from the young people we support as well as the other staff members. I have built lifelong friendships with colleagues who also share PLUS' values and mission statement of 'disabilities are no barrier to fun'.

It became a running joke that all my friends then came to work at PLUS (not quite all of them but certainly more than 10!) because of how highly I spoke about my work to my friends.

After I finished my Psychology degree in 2021, I applied to become the PlayPlus and PlusYouth Project Coordinator, running the children's and youth programme in Stirling. It was such a privilege to get to have more contact with the families, to see the growth in the young people (particularly through such a challenging time with covid) and to get to support the wider staff team. I had so many opportunities through this role that I would never have believed were possible!

I have been back to speak at events at Stirling University to share my experience and to showcase all that PLUS can offer.

Through my work at PLUS, I have also had the opportunity to mentor S5 pupils through the Career Ready Programme which aims to provide work opportunities for young people who are disadvantaged in some way in terms of access to work opportunities or a mentor in the workplace. We meet monthly for the year and a half programme and provide a month-long placement which is funded by Career Ready. My mentee [REDACTED] started to

work full time for PLUS after finishing school and my mentee [REDACTED] is due to do a placement with us this July. PLUS is a great place for local young people to start their careers.

I applied to become the Group Support Manager within PLUS in October 2023. There have been many challenges within PLUS in the past few months, but the support and training opportunities that I have received are second to none.

I believe that PLUS is an integral part of the community in Stirling, what it means to the young people and families we support, and the staff we work alongside.

This building would provide consistency and security for all those involved in PLUS. With the uncertainty of our building situation, this caused great concern and worry for all those connected to PLUS. For many this is the only place where they can come to and be themselves.

Here is a quote from a parent and a young person we support

" Plus enables me to clean my house and recharge. This is hugely important to my sanity, quality of parenting and well-being. Plus are unique in understanding parents challenges too and a huge asset in helping to overcome the stigma, barriers to equality and inclusion.. I would not be coping without the support of Plus. They understand our psychosocial challenges and sensory needs. They don't judge us or make me feel like a bad parent . They accept our family and enhance it. We feel understood, accepted and part of a community. We never had that sense of belonging before. Thank you for all your support, positivity and encouragement, " - PLUS parent

" Plus accepts me just as I am. They don't tell me off, they don't try to change me. I feel safe , confident, loved, valued and included and it helps me soothe and regulate my fizz (stress levels). They do all kinds of fun activities with me like making slime, baking, playing. I am so happy when I am at Plus . One day I want to be a special needs teacher or co-ordinator. I want to be like the staff at Plus" - PLUS young person

We would love the opportunity to develop the space at the Cornton Family Hub and continue to grow our service.

Thank you for taking the time to read this email.

Kind regards

[REDACTED]

[REDACTED]



Website: [www.plusforthvalley.org.uk](http://www.plusforthvalley.org.uk)



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