

[REDACTED]

From: [REDACTED]
Sent: 29 February 2024 16:45
To: [REDACTED]
Subject: PLUS as a candidate for the Family Hub

Dear [REDACTED]

I hope you are well. I am writing to you to ask you to consider PLUS as the main candidate for the Family Hub in Cornton.

I joined PLUS as a placement student a little over a year ago, and immediately fell in love with what PLUS represents as an organization, and all the Young People we support. Fast forward to now, and PLUS is much more than a job for me. I have seen all of our Young People grow and actively work towards their desired outcomes for attending PLUS. Not only that, but I have been told by countless families how this organization is a life line for them. When we got our eviction notice earlier this year, many families and staff were deeply saddened at the prospect of PLUS possibly shutting down. Being able to own the property that we provide support in would alleviate a lot of stress for our families and staff.

I would like to share a few notable moments from the past few months with you. Recently, our staff took some of our Young People who were previously not been able to attend events outside the building, to the park during a session. These Young People were thereby able to experience new activities with PLUS, and their families in future by increasing places that families feel comfortable to go. Additionally, multiple of our Young People have recently been working on doing deep breathing exercises when they are feeling distressed. This has been supported by our staff, to the point where all of these Young People do these exercises unprompted now. Self-regulating is a vital skill for all of our Young People as it allows them to engage in more activities independently and confidently. The last wow moment I would like to share is about the friendships that have been built at PLUS between our Young People. Experiencing Young People build strong bonds with each other, and going out of their way to make their peers feel comfortable and heard has been truly heart-warming. Being successful with this building would mean PLUS could continue providing support for our Young People and families, in a safe but fun environment.

PLUS has personally aided hugely in my professional development. As previously mentioned, I started with PLUS as a placement student. I then started working as a sessional staff member in March, where I was continuously encouraged to attend free training to further my professional and personal development (epilepsy training, CALM training to support with behaviors that may concern, tube feeding training - to name a few). In October, I then took on a new role as Project Coordinator for the PlayPLUS and PLUSYouth projects. This role allowed me to speak to families more directly and tailor the support we provide to their needs. Throughout this entire journey, I have been supported by my peers and managers, allowing me to constantly develop and learn new skills.

To finish, I would like to include a quote I got from a parent the other day: "X has been attending Plus for 3 years and has developed positive nurturing relationships with the staff. X's face lights up when he attends Plus every time. His sensory needs for tactile, vestibular and auditory stimulation are met weekly. Plus provides a safe space for extended messy play sessions which can be hard to provide in a home environment to the extent he needs. X is always more regulated after Plus sessions which impacts home family life, he is calmer and more content after Plus. His carers and family members hugely benefit from the respite provided as a result, we can relax knowing our son is with highly trained staff. We are better parents because of Plus and X is a happier boy. We can't thank the service enough."

I hope you can see the importance of our organization and what a significant change getting this building would be for PLUS.

Many thanks,

[REDACTED]

