



YouCanBe is a project which has been co commissioned by Ormiston Trust and Public Health Suffolk.

The aim of the project is to identify young women from the age of 15 to 25 years who have not yet had a child but may be at risk of pregnancy in the future *which may* lead to removal. We will support these vulnerable young women to increase their confidence, build aspiration and make positive changes in their lives.

The criteria for referral are:

- Are or have previously been in looked after care
- Mental health problems
- Drug and alcohol misuse
- Learning disability

What do we offer?

- We will provide one to one intensive long term support which is bespoke and client led
- We will support into educating around and accessing appropriate contraception
- We will deliver Relationship and Sex Education either one to one or in a group setting
- We will provide a positive model of a persistent, reliable and boundaried relationship
- We will support to build self-esteem and self-awareness to allow the young women to increase their capacity to think critically and make measured decisions for themselves
- We will support to access targeted services such as counselling or mentoring
- We will work to gain a rounded understanding of the young woman and support her to address her practical needs such as education, housing or health

**Please contact us for any further information or refer to us via the 'YouCanBe' referral form and email to [YouCanBe@ormistonfamilies.org.uk](mailto:YouCanBe@ormistonfamilies.org.uk).**