



Sophie

PARTICIPATION APPRENTICE

Hi I'm Sophie, I'm 18 years old and I'm the Participation Apprentice for the Young Lives Foundation! I help young people in care get their voices heard through the MCYPC. I've got 2 dogs and I love everything pink!

I have been a part of YLF since I was put into care. I wasn't allowed to speak to anyone or go to school at first and so started attending the YLF groups where I could get out the house and socialise with other people my own age. I also became a member of the MCYPC and have my very own advocate Carole who is a Legend! YLF soon became like one big family and support network to me and so when I heard they were looking for a new apprentice I had to apply!

When I went for the interview I was quite nervous but the team soon made me feel relaxed and less nervous. When I found out I got the apprenticeship I was ecstatic as I knew this could be my chance to make a change for children in care!

Since being with YLF I have grown in confidence and learnt lots of new skills despite being in a global pandemic! I have still been able to make changes by introducing Challenge Cards for young people to have their say, been featured in the Kent life magazine, been involved in an event run by the Children's Commissioner and been chosen as an ambassador for CORAM voice! Working remotely has thrown up some challenges but ones that I have overcome and come out the other side a lot stronger from. My apprenticeship has made me feel confident and has shown me that I want to take up a career in youth work - so watch this space!

**"YLF IS MY SAFE PLACE AND I DON'T KNOW WHERE I
WOULD BE WITHOUT THEM"**