

Mille Wilson

The journey so far

BACKGROUND

Mille's Dad spotted a case study in the local press about how we had supported a young girl with her confidence. He contacted the Hub and asked to bring Mille down to see if there was anything she would like to get involved in. Mille was very shy, however she had a keen interest in boxing. It took some convincing but Mille started attending 1-to-1 Box Champions sessions.

Support Received

Mille will be the first to admit that she was extremely nervous at her first session, so we started off with a chat so we could get to know each other. I found out Mille's interests and some common ground. We soon got going with the Box Champions session. These sessions use a powerful combination of non-contact boxing and intensive personal support to challenge and inspire young people and are delivered with support from Boxing charity Empire Fighting Chance. I could tell Mille really enjoyed the session. She returned week on week and it was great to see her confidence grow, with myself in the session and other staff at the Hub. Together we looked at how we could stretch her comfort zone, Mille agreed to join the group badminton session with other Young People from the hub. Mille now confidently plays anyone at badminton with a smile on her face. There's been a few times at the Hub where Mille has been tested, including when Lord Lieutenant of Lancashire visited and observed some of our boxing session, then put Mille on the spot asking her lots of questions. Which she confidently answered. I know that Mille finds it very difficult meeting new people, despite this with our support she has attended various activities and events with people she has never met before. Seeing Mille's continual growth in confidence and watching her become more at ease at the hub has been a privilege. To me these journeys are often the most important as you are supporting a shift in the core of the individual and giving them a safe space to develop. Mille continues to push herself and should be immensely proud because the Mille that first walked through the doors at the Hub has evolved, and I believe has much more faith in herself. ~ Chelsea Youth Engagement Worker at Pendle YES Hub.



"I heard about the yes hub from my dad who had read an article about it. I was quite nervous the first time I went but met Chelsea who is really nice and helped me to feel more relaxed. We talked about different activities they do and then she showed me the boxing room. I've done a bit of boxing before so I decided I would give it a go one to one with Chelsea and really enjoyed it, and I'm getting more confident each time I go. I have signed up to do some different courses at the hub. I also go to badminton sessions in brierfield which are really fun, where I get to meet lots of new people. I think the yes hub is great and would recommend it to anyone who would like to push themselves and learn to be more confident"

Mille Wilson
YES Hub participant

NEXT STEPS

Mille attended an information session with Lancashire Adult Learning about their new digital courses and is currently waiting to start a cyber security course at the Hub.