

Elecia Richardson

THE JOURNEY SO FAR

BACKGROUND

Elecia self-referred to the YES Hub with the support of her parents and was provided with information on our free weekly activities. Elecia was in the process of recovering from a difficult time for her mental health. To support her recovery, it was important that Elecia had a social and physical activity to engage with to provide her with routine as she had deferred sixth form for a year.

SUPPORT RECEIVED

Following the referral, Elecia was given a tour of the building and a list of all the free activities available to her. A critical part of our work is ensuring young people can explore their interests and build confidence at their own pace. Elecia chose to use the Games Room at the Hub to play pool with Mehvish, Female Youth Engagement Worker at the YES Hub.

Elecia was reserved at first but the fun and competition involved in pool provided an opportunity for her to open up. Over time, as she settled in, she began to open up more—sharing her likes, dislikes, future aspirations as well as her love for music. Attending at the same time every week provided Elecia with a routine and a safe environment, without any expectation to discuss her past mental health.

Elecia attended the YES Hub regularly for six months, which allowed time build trust and rapport, as part of the mentoring approach. The consistency of her visits played a key role in her development, as she became more comfortable expressing herself and sharing her thoughts. This highlights the Hub as a space which provides where young people feel heard, supported and empowered to take steps forward in their journey. Having previously taken a break from her part-time job at Marks and Spencers, with renewed motivation, Elecia decided to return. Completing till training gave her a sense of structure and responsibility, helping to establish a routine that further strengthened her confidence.

Beyond work, Elecia became more socially active, spending more time with her friends and family. She even took up guitar lessons at the Hub, giving her a creative outlet and a sense of accomplishment. As the winter months passed and the weather improved, we also incorporated outdoor walks, which significantly benefited her wellbeing, providing both physical activity and a space for reflection.

Elecia's journey at the YES Hub demonstrates the power of a supportive, person-centered approach. By allowing her the freedom to choose her own path while providing encouragement and mentorship, we saw her grow into a more confident and independent young woman. Her experience reinforces the impact of creating a nurturing environment where young people feel empowered to take control of their personal development and future aspirations.

NEXT STEPS

Elecia is due to start college in September 2025. In the mean time, she has enrolled on the King's Trust 12-week programme at her local fire station. This will give her the opportunity to go on a residential as well as get involved in a community project. Elecia is also planning on completing her driving test to further her independence.



"I am thankful for the support from everyone at the hub but particularly Mehvish who has helped me to gain my confidence back. She has also helped me to keep a routine going as we met up every Tuesday morning to play pool and sometimes go on walks. I feel my time at the hub has helped to improve my mental health massively as it gets me out there socialising and being around other people."

Elecia Richardson

"Elecia has grown so much in the past six months since attending the Hub regularly, the credit is due to her for the hard work she has put in for maintaining her routine and keeping consistent. She has such a bright future ahead and we can't wait to see what she can achieve in the future"

Mehvish Ashraf - Youth Engagement Worker

Elecia Richardson Case Study - Parents feedback

"We reached out to Dave and the team at Pendle YES hub back in October 2024, after our daughter experienced low mental health. As we had to take the decision to defer sixth form, we were trying to put a structured timetable in place with a variety of social, physical and creative activities to help rebuild her confidence and give her a routine to fill the gap deferring sixth form had left. We really struggled to find services that would offer support to Elecia because of her age, most were aimed at adults struggling with drug and alcohol dependency, homelessness or people who had disabilities. The team at the YES hub immediately offered to support Elecia in any way they could, they fully understood the situation we were in and were absolutely fantastic right from the beginning. Elecia has been attending weekly for the last six months and the progress that she has made in that time has been amazing, her confidence has really grown and her social anxiety has reduced greatly. She has had 1-1 support from Mehvish, giving her time to talk if she needed to or just spend time together playing pool and listening to music. Mehvish has been a godsend, she has such a calming, reassuring manner that immediately helped to put Elecia at ease and built a good relationship with her. Elecia really values the time and care that Mehvish has taken in supporting her, but as parents we cannot put into words how grateful we are. It has been the most difficult time for our family, especially when we felt like every possible avenue of support was taken away from us. Knowing that Elecia was spending time with such a caring, supportive and positive person really helped to put our minds at ease. We will be forever grateful for the support that the team have given us and I know that Elecia will miss visiting every week. Thank you!"

- Cat Richardson, Elecia's Mum