

“...safety, encouragement and belief to begin building the future she once thought was out of reach”.

BACKGROUND

Claudia came into contact with Inspire North through the Young People's Pathway (YPP) service after experiencing homelessness at the age of 15.

Following a breakdown in family relationships, Claudia spent time sofa surfing, sleeping in train stations and doorways, and relying on temporary places to stay. When she turned 16, she was placed in supported accommodation outside her local area. Although it provided housing, Claudia found herself isolated struggling with her mental health and substance use.

Feeling increasingly overwhelmed and unsafe, Claudia advocated to move closer to a familiar area where she felt more connected. She was later offered a place at Cygnet House in Selby.

SUPPORT FROM INSPIRE NORTH

Moving to Cygnet House provided Claudia with more than just accommodation. It gave her a safe, supportive environment where she could begin rebuilding trust, establish routines and focus on her future.

Throughout her time with Inspire North, the team supported Claudia to:

- Build trusting relationships with staff and access emotional support when needed
- Develop healthy daily routines and independent living skills
- Apply for college and pursue her passion for music
- Maintain her tenancy and manage day-to-day responsibilities
- Access support around her wellbeing and substance use whenever she was ready
- Build confidence through consistent encouragement and practical support

Claudia particularly valued the approachable nature of the staff, knowing she could ask for help during difficult moments.

“The staff created an environment where I felt genuinely supported rather than judged.”

IMPACT ON CLAUDIA'S LIFE

The difference Inspire North has made to Claudia's life has been significant. Claudia describes feeling "on solid ground" for the first time in years. Having a stable and supportive environment has allowed her to focus on her education, pursue her passions and believe that she can achieve the future she wants.

BEFORE INSPIRE NORTH

- Homeless and experiencing housing instability
- Isolated from friends and family
- Struggling with poor mental health and substance use
- Distrustful of professionals following previous experiences
- Lacking routine and uncertain about the future

NOW

- Living safely in supported accommodation
- Studying music at college after applying with staff support
- Participating in kickboxing and other positive hobbies
- Building healthy routines and greater independence
- Feeling safe, supported and optimistic about the future
- Preparing to move into independent accommodation

CLAUDIA'S FINAL REFLECTION

Claudia hopes to build a career in music, continue training in martial arts and travel the world.

She now feels confident that those ambitions are within reach.

Reflecting on her journey, Claudia describes the Inspire North team as caring, approachable and genuinely invested in helping young people succeed.

Her support worker, Maxine, has seen remarkable progress during Claudia's time with the service and believes she is ready for the next stage of her journey.

Thanks to the confidence, stability and independence Claudia has developed, she is now being considered for one of Inspire North's dispersed community properties, becoming one of the youngest young people within the service to reach this milestone.

For Claudia, Inspire North has provided far more than a place to stay. It has given her the safety, encouragement and belief to begin building the future she once thought was out of reach.

FIND OUT MORE

To learn more about our work or to share your own story, please visit www.inspirenorth.co.uk.
For further information, contact us at info@inspirenorth.co.uk.