

# CHARLIE

## CHANGEMAKER



Charlie is a changemaker working with Parkside High in Derbyshire. Alongside changemakers across the East Midlands, he is a part of the Peer Action Collective (PAC), turning peer research into action, designing and delivering social action projects based on young people's experiences of violence. As a changemaker, Charlie has:



Increased activity levels and become more engaged in sport



Enhanced mental health / well-being / confidence



Developed personally through participation or volunteering



Charlie joined the programme in January 2022 as a Changemaker to implement social action ideas following the pilot study conducted at Parkside High. Historically, Charlie didn't perceive himself as active and experienced low confidence levels when participating in sport or physical activity. He rarely attended sports clubs, but he has regularly attended open access projects ran by Parkside High.

Since he became a changemaker Charlie has significantly grown in confidence. He now plays sport in his own time and has gradually increased his involvement in the social action projects at Parkside High. Initially, Charlie struggled with taking the lead in groups, but is now seen as 'an asset' to the programme and 'a fantastic role model' for other young people beginning their journeys as changemakers.

The peer researchers have also developed a relationship with Charlie, allowing him to utilise his position as a role model to gain the trust of other young people.



To date, Charlie has been heavily involved in changemaker recruitment days. He has contributed his ideas towards the social action projects taking place at Parkside High such as creating the space pod (pictured right) and the development of the basketball courts, including helping to shape budgets and organising dates for artists to attend the site. He has also become an active volunteer at Parkside High and became a valued member of the team during the Jubilee celebrations and Holiday Active Programme.

Outside of Parkside High, Charlie has increasingly supported his grandma through taking on more responsibility at home and is supporting his younger sister who has also struggled with her overall confidence. Michelle, the Operations Manager at Parkside High, has seen a significant change in Charlie over the past year due to his involvement in PAC. Going forward, he plans to continue attending Parkside High, develop his leadership skills further and continue to engage in sport, music and art sessions with his peers.

*"His ideas and enthusiasm can push the other young people into getting involved in various activities where some of these young people would sometimes struggle, just as Charlie did before".*

**Michelle Roberts, Operations Manager at Parkside High**



Proudly supporting youth social action



Department for Digital, Culture, Media & Sport



COMMUNITY FUND

