

What the numbers told us

The stats

Job or career

At the end of the course **75%** of the young people said that they **strongly agreed that having a job or career is important** (up from just below half at the start)

Wellbeing

All four areas of wellbeing that were measured (interest in new things, interest in others, confidence and sense of place) **saw an increase.**

"It was the scariest moment of my life but it gave me a big confidence boost when I heard people laughing at my jokes."

Participant

Able to face up to problems

43% of cohort one said they felt **more able to face up to their problems** (up from 0%)

Engagement

78% of the young people **attended between 11 – 14 sessions** (there were 14 sessions in total, including taster and performance)

Sense of place

Over **60%** felt that **Blackpool is a very good or fairly good place to live** (up from 37% at start)



What made a difference?

Key themes

- Having a balance between **silly games**, socialising and the **'serious stuff'**. Every activity had a purpose and supported the journey to the final performance.
- Meeting **different people** who did different comedy and had different challenges **sparked curiosity** and broadened perspectives.
- **Taking risks** with how far they could go with their material and learning about what is risky and what is not ok.
- Comedy has a strong link to supporting and **improving wellbeing** and this is reflected in the young people's feedback.
- The young people have been **given a voice** and presence which is a firm foundation for agency.



The wow moments

Transformation

Telling their stories

Some of the young people used comedy to explore and talk about challenging and uncomfortable experiences which was a cathartic and empowering process

"It's fun. Going on stage. Makes you feel like you can rule the world. I normally don't like talking to people. I don't even like asking for things in the shops. I am nervous about the performance. I often get muddled up with my words so I have to really think about what I am saying so I don't upset anyone. I like writing jokes and am thinking about it more and more now." Participant

Pride

Families were bursting with pride for their young person and in awe of their achievements.

"I never thought I would see my children on stage in front of a crowd. The work that has been done with them is fantastic." family member

Passion for stand up

The young people were able to make informed choices about their next steps.

"Two young people would like to do stand up again. In fact one was begging to be able to do the course again and as we left said he was going to sneak in." Programme team member