



Be the Change Testimonials

Pilot event on Thursday 16th April 2015 at American Express Community Stadium:

'I really enjoyed the 'be the change' event – I know from talking to the young people we sent how much they gained from it. I have talked a number of them individually – but will see them at a group at some point this week to get more feedback from them. I know that Helen who brought them to the event thought it was very worthwhile. I am happy to support this work and encourage other schools to be involved if this would be helpful.' **Richard Bradford, Head at Dorothy Springer**

'It was indeed a challenging group – I was very pleased to see that the most challenging had a 180 degree change in behaviour during the event and was even offered an apprenticeship at the end. Very fulfilling!' **Susana Morato Grice, VP Network Policy Development – Core, Global Network Integrity**

'It was a pleasure and a great event, thank you for involving us.' **Sue Parris, Welfare & Player Services Manager, BHAFC**

Quote1: *'A brilliant day yesterday, our students really enjoyed it and was great to see so many business leaders there too. I would like to participate in more events like this in the future. Thanks again.'*

Quote2: *'I just wanted to say that yesterday was a brilliant day and our students really enjoyed it, it was great to see them and so many business and community leaders working in this way.'* **Matthew Warwick, Hove Park School**

'It was a real pleasure being part of the day and I really enjoyed the whole event. The energy, dedication and professionalism that both Graham and Carlo put into the day were phenomenal and truly inspiring. I am very happy to lend my services again if you ever need a volunteer or someone to do a talk about my experiences.' **Tony Crosbie, General Manager, Sodexo Prestige**

'... All I can say is 'what a fabulous and rewarding day'.....' **Nicola Weale, Careers Advice Officer, Northbrook College**



'Just a very quick email to say thank you for all your hard work on and before the day on Thursday. I found it very uplifting and think the students got a lot out of it. Hopefully there will be a chance to participate in similar events.' **Helen Emerson, Head of PSHE & Careers, Dorothy Stringer**

'WOW!!!! Yesterday was truly amazing. Thank you so much for letting me come along to this most brilliant event. Humanutopia are incredible. Every student should have this opportunity. Really want to work something out for our students in early Autumn if possible. Thank you!' **Debbie Mansfield, Transition Work Related Learning Mentor, The Connected Hub**

'Rose your work and tireless efforts to organise this event were superb, I know there was also a team of people behind this to support you, please pass on our gratitude to them all!

As for you Gary, cheeky chappy... you deserve all the plaudits, you are a wonderful role model for all young people in Brighton. Your ability to communicate with everyone is hugely impressive, you network with authenticity and you have engaged, believed and supported our organisation both professionally and with passion.

Thanks to everyone from Love local jobs for giving us a chance to bring our work to Brighton. For me personally it was a great feeling seeing our work in my home town!' **Carlo Missirian, Co-founder, Humanutopia**

'I wanted to thank you for being so kind and welcoming today, you ran an event perfectly and it will have a bigger impact than you can ever imagine. We have all been kids with bins and it's humbling as well as touching to see young adults powerfully stand-up be brave and empathetic. Thank you for making an important impact.' **Esther Brown, Economic & Social Engagement Manager at University of Brighton**

'Thank you so much for letting me be a part of today. It was phenomenal. I've never seen such change occurring in such a short time.

It is without doubt the most inspiring and rewarding day that I've been a part of. The teams at Humanutopia and LoveLocalJobs.com should be hugely proud of what they've achieved.

Seeing the change in the room was brilliant. It would be impossible not to be moved! I'm not an emotional person, but I had tears in my eyes.

'If I can do anything with this again please let me know.' **James Dempster, Managing Director, Cobb Digital**



'All, well done on today. A real buzz and a high level of engagement from the guests. The challenge now is to maintain the initiative and make it sustainable - but you knew that anyway! Great performance from everybody.' **Chris Maidment, Crawley Local Economic Action Group Chair, Governor of Central Sussex College Corporation, Board Treasurer for Young Enterprise Brighton & Hove and LoveLocalJobs.com Chair**

'Great event - let's discuss the GD version & all my team want to be involved on the day' **Jeremy Taylor, Chief Executive, Gatwick Diamond Business**

'The event was hugely inspiring and the transformation in the young people was amazing. It creates a positive change to both the young people and the business volunteers. I definitely think all school students should experience Be the Change, I wish there had been something similar when I was at school!' **Anne Cooper, Business Volunteer, Let's Do Business**

'Utterly amazing, very well done to everyone concerned, truly inspirational.' **Will Trenchard, Managing Director, ICP Search.**

'Thank you for a truly brilliant day. I have been speaking with so many people from schools, businesses and people in general as it was such an uplifting, rewarding and inspirational day.' - **Sharon Knight, Business Volunteer**

'It was a very enjoyable and insightful day, a big thanks for involving me. Overall, I thought the event was brilliant.' - **Lisa Mitchell, Economic and Social Engagement, University of Brighton**

'It was a pleasure to be part of the day and I found it to be an emotional and hugely inspirational journey that I went on with the students within one day! Powerful!' - **Simon Gregg, Operations Director, IT First**

'It was a pleasure to be there.' **Guy Lloyd, Juice FM DJ, Latest TV Star**

'It was a pleasure to participate in such a great event.' **Paul Barber, Chief Executive, BHAFC**



'Last week's event was fantastic; everyone was really moved and totally engaged.' **Jo Brooks, BHAFC Commercial Team**

'I wanted to thank Love Local and the team for the awe inspiring Be the Change project that I attended at the Amex. Without doubt, it was the most inspiring event for young people that I have ever attended and I hope this model can be replicated across the South-East to genuinely help change the lives and ambitions of our future generations.' **Scott Marshall, Director for the Economy, Adur & Worthing Councils**

'It was an exceptional day, and all the boys from PACA verbally said it was 'much better than they thought it would be!' I thought that Human Utopia had a brilliant approach, and I think part of the reason why they are so successful is the time they take at the beginning of the session to convey that they respect the young people not patronize them and that everything they say and do is coming from that place. Great stuff.' **Nicola Lombardo, PSHE & Progression Manager at PACA**

Feedback from Longhill Students in Brighton included:

'It was really inspiring, loads of information and I know where to go if I need help with CV writing' - Kieran

'It was interesting and very helpful. It made me learn I don't need to worry about talking to new people' - Dylan

'Inspirational, enjoyable and enjoyed meeting Gordon Greer' - Alfie

'Inspiring, real eye opener and enjoyed meeting new people' - Charlie

'Extremely beneficial to me and very inspirational' - Harry

'Exceptionally eye opening and inspirational' - Sam

'It was good and I thought it helped me to feel less embarrassed about meeting and talking to new people' - Ashley

Comments from BACA students in Brighton included:

'Everything made me think twice about life.'



Comments from Cardinal Newman students in Brighton included:

'Amazing! I loved every bit – this needs to carry on. Everyone was lovely!'

'Thank you for organising the event, it was life changing. I wish everyone could have this opportunity.'

'Thank you so much for such an amazing opportunity and experience 😊'

'I now feel much more confident about myself.'

'Thank you for this amazing opportunity. All volunteers and staff were so friendly.'

Comments from Dorothy Stringer students in Brighton included:

'It was great!'

'Was really good!'

'Thank you!!'

'I really enjoyed it – it really helped me, thank you.'

Be the Change Bexhill Launch on Tuesday 24th November 2015:

'I loved the day (very emotional) and can't wait for the next day' – **Matt Pernet, Hastings Direct**

'The Bullying issues discussion was very powerful and emotional' – **Teresa King, Hastings Direct**

'Graham is an amazing role model and you can tell he cares so much about helping young adults. Strongly believe this course should happen in every school' - **Jason Mitchell, Hastings Direct**

'Graham was fantastic, so engaging with all the training' **Charlotte Batkin, Hastings Direct**

'Fantastic concept and I wish this was available when I was at school. I also believe adults benefit strongly from this too' **Julia Baldock, Hastings Direct**



'Absolutely amazing day, really well presented. Great experience for all involved including myself, kids, colleagues and teachers' **Kerrie Smith, Hastings Direct**

'I believe that all young people should have the opportunity to experience a project like this' **Eleanor Woods, Hastings Direct**

'I strongly believe that this should be open to all schools and not only Year 9 students. My own daughter is in Year 11 at a different school and I know that both she and her peer group would benefit enormously from this kind of experience before embarking on college or uni' - **Caron Violet, Hastings Direct**

'I think that the way it was delivered was impactful, there were some in the room that were engaged and may decide to make a change, fingers crossed!' **Sarah Earley, Hastings Direct**

'Has made me look at the way myself and the team/dept work and communicate with each other' **Rebecca Trigwell, Hastings Direct**

'Very well run day. Great experience for all involved' **Kyle Prangnell, Hastings Direct**

'I found the earlier morning session very emotional and overwhelming and was impressed by the confidence and courage of the younger people who were able to stand up' **Esther Parkinson, Hastings Direct**

'It was a joy and gratifying to be with the youngsters. This experience has opened my mind as to exactly how many young people are going through this. It has also made me look at my own situation and has opened my eyes to my work team. I can now see that this is also happening in my team which has to be addressed. It is not just office banter but personal attacks' **Rita Wingrove, Hastings Direct**

'Extremely interesting and valuable day' **Ross Griffin, Hastings Direct**



'I think some adults would benefit from this!' – **Chris Berwick, Hastings Direct**

'I feel privileged to have been a part of this day. Humanutopia were brilliant as was the students, venue and all the organisation that went in to make it so engaging and worthwhile for the students. I'm excited to mentor my group' **Aoife Diamond, Hastings Direct**

'I'm really glad to have been involved with the event. It's been amazing seeing the transformations that have happened today and it was lovely to help and inspire the students. I found it so inspiring hearing the students telling their stories and being so brave. Everybody that organised the event did a great job!' **Rachel Lister, Hastings Direct**

'I knew it was going to be emotional but wasn't prepared to witness the bravery and support these Year 9's showed. Can't wait for the next phase' **Claire Wright, Hastings Direct**

'The day was fantastic and am grateful that I was selected to take part. Part of it was emotional and hard to listen to' **Gary Chalmers, Hastings Direct**

'Great day and genuinely feel privileged to be here today. A really rewarding day seeing the 'smartness' break its way through the young people here today. Some teachers did at time come into the small groups which I felt put some of the young people off from being honest' **Paul Whymark, Hastings Direct**

'Firstly, can I say a big thank you for all your work yesterday – it was a great day and the Year 9 students were buzzing on the coaches on the way home. I think they were quite exhausted too!' **Trudy Hillman, Student Guidance Manager, Bexhill High Academy**

Comments from students at Bexhill Academy:

'Thank you for making me believe!!'

'It was a fantastic experience'

'Have some well-deserved cake peeps!'

'It made me inspired to treat people respectfully'

'I think the day overall has made me more confident in myself'

'Really fun'

'Really helpful and will always remember'



'Thanks'

'Graham was amazing. He inspired me a lot, thank you'

'It was really enjoyable and I learnt a lot'

'Sarah was brill'

'I loved the event'

'It was an eye opener'

'I have enjoyed my time at be the change and it has helped me make decisions for my future'

'It was enjoyable and a good experience'

'It was a one in a lifetime experience'

Be the Change Leicester Launch 7th January 2016 (sponsored by Hastings Direct):

'This was a very good experience I enjoyed it and I cannot wait to meet all the students again' -
Punam Odedra, Hastings Direct

'Great to work with and be a part of' - **Harpaul Singh, Hastings Direct**

'I gained confidence in myself and I was happy to see children benefit from Be the Change' - **Zaynah Solanki, Hastings Direct**

'A wonderful and knowledgeable experience which I was happy to be a part of' - **Abdul Bolce, Hastings Direct**

'Fantastic Organisation! Humbling to see' - **Mo Adam, Hastings Direct**

*'Amazing experience, learnt a lot, eye-opening, definitely want to carry on to help and support Be the Change programme - Mohammed Patel, Hastings Direct
Thank you so much for all your support and excellent delivery. Really enjoyable'* - **Hanna Poper, Hastings Direct**

'The experience has been inspirational and I am very thankful for the opportunity to take part' - **Fran Star, Hastings Direct**

'Very rewarding' - **Karolina Gecliauolsta, Hastings Direct**

'Thank you for the work you did today with our students. I have had extremely positive feedback from all concerned.'



Please could you pass on my thanks to the Curve Theatre and to Hastings Direct. The students were really inspired.

Thanks again. **Liam Powell, Head, Manor High School**

'I would like to thank all at Be The Change/ Reach and Hastings Direct for some of the best inter personal training I have experienced. The quality and 'humanity' of the main trainer and all mentors involved was top class. Their honesty and trust connected with personal exposure was truly special and added great power to the whole session. Your energy, particularly that of your main trainer was outstanding.

*Our students came ... and went home as different people. Each one had their own brand of negative behaviour going on and yet they experienced a break through which was steady and real over the course of the sessions. Some difficult ground was covered.
Thank you again.*

We look forward to further contacts with you.

Thank you also for your organisation which was great!' - **Lesley Halliwell, Head of Pastoral, Hamilton School**

'Thank you for the work yesterday. It was particularly encouraging to see such intensive one to one coaching taking place.

The individual time and attention those children were given will have meant a lot and will really boost their confidence.

Certainly, some of the children have improved in conduct and attitude since the programme began and we will check their progress data for impact.

I wondered if you had any good contacts, ideally with a business or background and possibly from Hastings who would be interested in school governance.

If you can think of potential candidates with HR, finance or accountancy skills for example, this would be really helpful for us as we take our school forwards' - Liam Powell, Head Teacher at Manor High

'I am really happy that I have been given the opportunity to be a part of the Be the Change Programme and so far I have found it challenging but very enjoyable. It's amazing to see how it has already made an impact on some of the children, especially watching their confidence levels grow and how they are beginning to really think about their futures. We all know that school is not always the easiest for some children and many face problems within school and out of school as well, I have loved being a business volunteer as I able to listen to them and work through some of the issues they may have. Whilst being in this process it has also made me think about my future and my career progression within Hastings Direct. I been given a great opportunity from Hastings Direct and when I started this job I never thought I would able to be involved in something like this. I am looking forward to taking part in the rest of the programme and seeing the children develop along with myself. The future is starting to look bright.

Thank you' - Zaynah Solanki, Hastings Direct



'Thank you again for all the special attention and skills you used with our students when you came in.' **Lesley Halliwell, Hamilton School**

Brighton Launch Event – Amex Stadium – 24th Feb 2016

'First and foremost...what an amazing opportunity for young people to reflect on the past (and realise it can't be undone) and to look forward to a future, regardless of how they or others perceive them. I thought Graham and Carlo did an astonishing job of engaging all of those youngsters really early on in the day and managed to keep their focus. If even just 1 of those kids takes away something positive, it was a worthwhile event.' **Annette Sheridan, Palmer & Harvey**

'A real eye opener, realistic and pitched perfectly to the students. Very emotional but in a sensitive way. The team worked hard and Graham comes across as a passionate and caring person.' **Anne Morley, Career Mentor, Sir Robert Woodard Academy**

'An amazing event that encouraged students to move out of their comfort zones. Hugely emotional and engaging from the beginning. The only shame is that we cannot have ALL students participating. BRILLIANT.' **Mark Monahan, Assistant Principal. Sir Robert Woodard Academy**

'Thank you so much for putting on an inspirational, fulfilling and emotive event. You have given hope to these young people. We work hard to instil these messages into young people but the opportunity to remove them from their normal environment has been really positive. The young people have learned to reflect, stand away from the crowd and understand their self-worth.' **Siobhan McCurdy, Early help Co-ordinator. Hove Park School**

'An incredible day, I've been bowled over by how thoughtful and impressive all the students have been. I wish all young people could have this opportunity as it benefits everyone involved. It's been both emotional and inspirational. Thank you!' **Sophie Morris, Head of year 9, Hove Park School**

'An emotional rollercoaster, o inspirational to the adults in the room listening to students expressing their emotions, hopes and aims.

Every school should have this experience, I cannot speak more highly of the programme launch.

Thank you so much for today.' **Mark Seltzer, Cover supervisor, Blatchington Mill**

'What a day! Watching the young people I work with gain so much confidence as the day went on and conduct themselves with such maturity was an absolute pleasure. This day will transform lives.



Thanks for putting on such an inspiring and engaging day.' **G. Shilladay, Head of year 9, Dorothy Stringer School**

'An absolutely amazing day! I've been so impressed with all the young people I've met. Seeing them grow with confidence has been really special. A very emotional day for many.' **Darren Teague, Millwall FC**

'It was a pleasure and a huge privilege to be part of this captivating, Inspiring and aspirational day, thank you to the students at Patcham High school.' **M.N Ottoway, Patcham High**

'What a fantastic opportunity for our young adults to dispel those myths they have created about themselves.' **J. Lownie**

'A fantastic day for some fantastically brave students. I look forward to being involved.' **Eloise van Noort, American Express**

'A life changing, eye-opening, thought provoking day that will continue to change students throughout the 5 days.' **Katie, Teacher at Cardinal Newman**

'I'm jealous this opportunity wasn't available when I was at this age. Many of the 'barriers' touched a nerve and it was an emotional experience seeing it relived through the eyes others. Well done 'Be the Change' I applaud you!!!

Very impressive – students brilliant, brave and insightful!!!' **Simon Newell, BHCC**

'Thank you so much for the invitation to be a Mentor for the Be the Change programme, after observing from afar last year I was keen to get more involved. The day had been very inspirational, the kids finished with a new approach to educating themselves on how they can be. A great day.' **Paul Rodgers BHAVC**

'Amazing as ever, a real change and refreshing viewing of the kids.' **Jamal Robinson, MET Police**

'I feel honoured to have been given this opportunity. I feel very humble now after seeing so many young people open up to the issues they have in their lives.' **Jan Szaranck, Met Police**

'Just a quick note to say how much I enjoyed today.

What you have created is one of the most inspirational things that I have been part of. I was so proud that two of my lads went up. Cracking boys, with difficult pasts.



Thank you for the opportunity and bring on phase 2,3,4 and 5.

Much love.' James "empty bin" Dempster, Cobb Digital

'Be the Change has made me want to be kinder to people on a daily basis.' **Year 9 Student, PACA**

'I'm now going to be myself and not what others want me to be. I'm myself now and that's what matters.' **Year 9 Student, Blatchington Mill**

'This is an amazing confidence booster and you make new friends from other schools. It's amazing!' **Year 9 Student, Blatchington Mill**

'My behaviour will be more confident from now on. All of the activities helped me improve my skills and think positively about my future. Cheers for helping!' **Year 9 Student, BACA**

'I would really recommend Be the Change because it's amazing. I learnt that we are all perfect in our own way.' **Year 9 Student, Cardinal Newman**

'The event has changed my attitude to learning and taught me to take chances that I may only have once. I would recommend Be the Change because it has built my confidence.' **Year 9 Student, Cardinal Newman**

'A lot of our students have low aspirations and they really need to believe in themselves. Today was inspiring for them and for us as teachers as we saw our students in a different light – Be the Change has made them more confident, inspired, respectful and compassionate.' **Christine Bradley, Child Protection and Community Coordinator BACA**

'I can't tell you how much I was impressed by the event, and am really pleased to be involved in the project. Best wishes, and thanks to you and the team for organising such a great programme – I am positive lives will be changed as a result.' **Gino Graziano, Joint Head of Widening Participation, Widening Participation, University of Sussex**



'Thank you to you for a really humbling and inspiring day on Wednesday. I didn't know what to expect from the day and I'm so pleased I came along. I'm looking forward to getting involved in the Hastings and Rother area programme. And do please reach out if there is any other way I can help.'

Eloise van Noort, American Express

CWS Programme, University of Chichester - Bognor Regis 25/02/2016 Launch Event

'What an incredible day! 'Be the Change' had many teachers both utterly inspired and bawling their eyes out. What a phenomenal occasion for our most vulnerable students... Thank you LoveLocalJobs and Humanutopia for literally changing the lives of our young people.'

Danielle Cook, Head of Boarding, Steyning Grammar School

'Be the Change has helped me understand that I am not alone and that I'm worth it.'

Year 9 Student, Davison CE High School

'I think I will try harder to be a better me and work harder in school and at home. The first activity was the best because it made me realise that we are all the same in some way. Thanks for the opportunity, it was great and it made me feel inspired.'

Year 9 Student, Davison CE High School

'Thank you for giving me this opportunity to see what skills I have and to show me that I have multiple opportunities. The day really helped me get to know myself and I think I will be much more happier and positive from now on.'

Year 9 Student, Felpham Community College

'Another fabulous, amazing, intense day!'

Stephen Laurence, Photographer

'Wow, what an amazing day. Emotional, challenging, brilliant and so worthwhile. I may (and hope I did) have been helpful and taught them something, but I know for certain I left a better person and learned a lot. (Give me a job!)

Jason Barnett

'A very rewarding experience!! It was great to see the students engage and I just hope that by being there was helpful to some of them. I love seeing the lightbulb come one!'

Simon Gregg, IT First



'Can't believe what a day this has been. Emotional, loud and quiet at times all in one.' **Laura Marner, Vitacress**

'The session with the students was utterly inspiring to see how brave and willing there were to take on board the concept of change, talk about the issues they face and gain the confidence to raise their aspirations. A very emotional and moving experience! I look forward to working with you in the future.' **Mo Wyrill, Business Improvement Manager, National Careers Service, CfBT Advice and Guidance**

'It was great to see them just think differently about themselves and others' - **Simon Gregg, IT First**

'The students identified their strengths, what they were good at and its ok to be different!' - **Karon Chamberlain, West Sussex Council**

'Keep doing what you are doing. It was an amazing and inspiring day and I feel proud and happy to be part of it' - **Mira Patel, Rayner**

Comments left by students on the feedback forms:

'I know how to get a job easy with using language'

'Attempt to mix with new people'

'Attitude to learning and taking chances I may only have once'

'Friendship, hope and courage'

'I will speak up for myself'

'I have thought carefully about work at school and how I treat people'

'How I act'

'I will try to be a better me and work harder in school and at home'

'Be much happier and positive'



Hasting Be the Change Launch 22 March 2016

'It was so lovely to see my students participate and so engaging. They all really enjoyed it!' - **Vanessa Gall, Rye College**

'Superb. The beginning was an eye-opener. As a 'grown-up' I could totally relate to what was being delivered to the students. It was good to see the students being able to share their thoughts and feelings in a public forum. It was engaging and it was clear to see 'all' students participating in the activities that they wouldn't have done in their own school environment. Graham was extremely motivated, inspiring and a 'laugh', all at the same time. The way he instilled confidence in the students is remarkable and he made every conversation personal to each student.' – **Lynda Griffiths, Ark Helenswood Academy**

'What a great day for our students to be involved in, so lucky. The day has got them thinking about who they are and do they need to make changes. The day has been inspiring and it will help them with confidence, aspiration and self-esteem. These qualities will help with their future and employability skills' – **Jackie Wallis, Robertsbridge Community College**

'Wow, what a fantastic day!! My students were fully engaged and participated with all the activities which for some students came as a wonderful surprise. Graham was amazing and connected with all the students on a very personal level. I definitely think it will increase self-esteem and raise aspirations' – **Vanessa Gall, Rye College**

'Good positive day. Students kept interested and attention all day. Look forward to the next meeting' – **Phil Perry, St Leonards Academy**

'Our third contact with you guys. As always amazing day! Food for thought! A mind changing experience for all my students, thank you!' – **Vince Fernandez, Ark William Parker**

'Great, inspiring, will request booking for block day for all year 9's' – **Gail Hook, St Richards Catholic College**



Be the Change Hero Training 4th May 2016 Hastings

'Great day! The students really enjoyed their day. Great to see those all participating and getting involved in all their activities' – **Vanessa Gall, Rye College**

'Really inspirational day, lovely to see the changes in all the students in such a short space of time. Overall a really great programme that needs the opportunity to continue and grow' – **Shelley Clark, Rye College**

'Great day – very interesting watching the pupils opening up and taking part. Overall brilliant!' - **Dianne Walsh, St Leonards Academy**

'Fantastic delivery of sessions with great reinforcement of the previous sessions' – **Lynda Griffiths, Ark Helenswood Academy**

'As the sessions before, brilliant and the students love it. I felt inviting the primary students a huge task but worked really well' – **Jackie Wallis, Robertsbridge Community College**

'Fantastic afternoon for the year 5's. They really enjoyed the activities particularly the opportunity to speak out using the microphone' – **Jane Cotman, Ark Little Ridge Primary**