



AQA
UNLOCKING
POTENTIAL

AQA Unlocking Potential 2023

Who are we?

- We are Kieron, Alex, Tia, and Demi, four students in Year 9 who have been involved in an AQA Unlocking Potential programme during this school year. We have worked on this since the Autumn term. We would like to ask for your help with our project.



What is AQA Unlocking Potential ?

AQA Unlocking Potential aims to help raise students' aspirations and expectations on future life goals, whether from school to Further Education, Further Education to Higher Education, or into training and employment.

- AQA Unlocking potential is a special programme that helps young people unlock their potential. They do this by pushing them out of their comfort zone to devise a social action project to help with an issue in their local community.

- We have been assigned an athlete mentor to help us do our social action project. Our mentor is Dave Hill, a Paralympian who competed as a swimmer and a tri-athlete.


What is our project ?

- Our project is to boost awareness of hunger and food poverty in the local community. We are going to help overcome this challenge by cooking and giving out homemade meals to the homeless, working with a local charity, and by collecting items needed by rough sleepers. We will also be collecting food items for Exeter Food Bank.



How we have picked our project

We have chosen this project after seeing the increasing amount of food poverty in our community. Some of the main issues in our community are homeless people going without a meal and families who cannot afford food.



Our partners :

St Petrock's Exeter Food Bank

St Petrock's is Exeter's charity for people who are homeless or vulnerably housed. For 25 years, they have been providing a range of support, housing and prevention services to help fill the gaps in services available to individuals in need.

Exeter Foodbank was started in 2008, and is a member of the Trussell Trust. It provides three days' nutritionally balanced emergency food and support to local people who are referred to it in crisis. They don't think anyone in the community should have to face going hungry.



Donate items to St Petrock's for the homeless

What we need from you ...

- If you can donate any of these items, you will be rewarded with kindness MERITS.

Rough sleeper wishlist

- Rucksacks and backpacks
- Trainers (all sizes)
- Boxer shorts and ladies' briefs (New only please)
- Men's jeans (waist 28" - 34")
- Small men's and women's jogging bottoms
- Men's and women's hoodies
- Waterproof dry bags
- Belts

Donate food to Exeter Foodbank

What we need from you ...

It would be very much appreciated if you are able to donate food for Exeter Foodbank. All the food will be used by the foodbank to support those in food poverty.

- If you can donate any of these items, you will be rewarded with kindness MERITS.

Exeter Foodbank priority items needed

- Pasta sauce
- Tinned meat
- Tinned vegetarian meals
- Tea
- Custard
- Rice pudding
- Noodle snacks
- Shampoo
- Deodorant
- Fruit squash

Please bring in your items – food or items for the homeless

We will be collecting items during tutorial 2 on **Monday 19, Tuesday 20, and Wednesday 21 June**

We will come to your room to collect your donations

Thanks for your support!

Thank you for listening

