Supplementary notes on CFS' Theory of Change

What This Looks Like at CFS

CFS provides opportunities through:

- Creative workshops and activities
- Youth mentoring
- Volunteering and community participation
- Young people facilitating and leading activities
- Leadership and professional development opportunities
- Community events and public pop-ups
- Intergenerational activities
- Laughter Yoga and other wellbeing activities
- Partnerships that connect young people with opportunities beyond CFS

A key part of our approach is **"young people as contributors, creators and leaders"** rather than simply recipients of services.

What We Hope to See

Through sustained participation and meaningful opportunities to contribute and lead, CFS seeks to support young people to develop:

- stronger social connection and belonging
- greater confidence and resilience
- practical life skills and employment readiness
- leadership skills and experience
- greater awareness of support and help-seeking options
- stronger relationships with family and community
- a greater sense of purpose and ability to contribute

Leadership development is particularly important to CFS. Young people may develop leadership through roles within CFS as well as through opportunities CFS supports them to

access with other organisations, such as community events, leadership programs and professional development.

How We Will Learn About Our Impact

CFS is committed to learning from the experiences of our members rather than measuring impact only through numbers of activities delivered.

We plan to use a simple annual member survey to track participation and changes over time. This may include:

- whether members have participated in at least two CFS activities;
- whether they feel more connected, welcomed and able to contribute;
- whether they have developed confidence and practical life skills;
- whether they have had opportunities to practise or develop leadership;
- whether CFS has encouraged them to think about their interests, goals and future pathways; and
- whether their sense of connection to, and contribution within, the wider community has changed.

We will also listen to members' own stories about **what they have gained from CFS that they may not have gained elsewhere**.

For CFS, social impact is not only about what we deliver. It is about whether young people experience greater opportunities to **connect, contribute, develop, lead and flourish**.