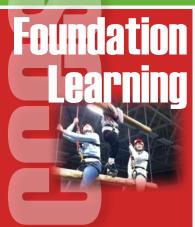


# Are any of our programmes suitable for YOU?



#### What can I do?

- Participate in a broad range of personal and social development activities for up to 6 months (2.5 days per week on average).
- Improve your skills, access work experience and gain qualifications which are useful for the workplace and for further learning.
- Take part in exciting challenges such as adventure sports, climbing and canoeing.
- Receive individual 'key work' support to exit the programme to a higher level training course or work with training.

#### Who is it for?

Young people aged 16-18 (or up to 19 if you have a learning difficulty or disability) You do not need any formal qualifications, although you must be keen to learn and take on new challenges. The project Key Worker will meet you for an informal chat before you join to check the programme is at the correct level for you.

# What will I gain?

- Key skills qualifications: working with others, problem solving and communication (level 1 or 2).
- Functional skills qualifications: English, maths and ICT (entry 1 entry 3).
- Level 1 award in sports or community leadership.
- Employability qualification (entry 3 level
   1): covering interview skills, health and safety, customer service, qualities needed by employers and vocational skills workshops.
- Short work-based qualifications such as: first aid, manual handling and food safety.



# What can I do?

- Personal and social development sessions including: adventure sports, team building and problem solving.
- Small group accredited training courses.
- Community volunteering and work experience.
- Receive one-to-one support to understand your work and training options, complete job and college applications, write CVs, and understand available benefits, so you can move into work or training.

#### Who is it for?

Participants aged 18-24, who are not in education, employment or training (NEET).

# What will I gain?

- New skills for work.
- Work-related qualifications e.g. first aid, health and safety, manual handling and food safety.
- Community volunteering awards.
- Functional skills qualifications in maths and English (entry 1 level 1).
- A better CV.
- Advice and support to gain further training and employment.

# What can I do?

- 'Healthy body, healthy mind' workshops.
- Learn how to eat well, budget and try new sports.
- Help other people through practical volunteering.
- Believe in yourself.
- Make new friends.
- Small group training sessions.
- Celebrate achieving personal milestones.

#### Who is it for?

Participants aged 16-24, who are (or are at risk of being) NEET, with low self-confidence.

# What will I gain?

- Increase your self-esteem.
- Improve communication skills.
- Take part in volunteering and work experience.
- Gain qualifications e.g. ASDAN awards, community volunteering qualifications, first aid and food safety.
- Receive support to make personal and career progression.



### Contact

If you wish to take part or want to ask questions about our programmes just give us a ring or send us an email.

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