

Fairbridge - *but Reloaded!*



Prince's Trust

YOUTH
CAN
DO IT



Starts – 17th June 2019, Solent Centre, Southampton High Street, S014 2NS

Are you 16-25 and short of **confidence**? Lacking in **motivation**? Finding it hard to make friends?
or **stuck in a rut**?

Then come along and find out whether **Fairbridge Reloaded** can help you learn more about yourself and work to develop the skills to **live, learn and earn**.

Our programme will give you the chance to:-

Build resilience, gain confidence, work as part of a team, get into a routine, set & achieve goals, understand how you can manage your feelings, cope with change, build up your motivation and plan for your future.

You will have a chance to take part in a range of activities and group based sessions on an **individually tailored journey** through the programme.

During the first week, sessions are designed to help us learn more about you. You will then have the chance to take part in activities including **Team Games, Low Ropes, Outdoor Cooking, Conservation** and **Bushcraft**

This is then followed by **1:1 support** and sessions to help you work on your goals.

You will also have a chance to take part in a residential later in your journey.

Are interested in referring? Phone 0800 842842 or visit www.princes-trust.org.uk or select the QR Code below



Any questions email solentoutreach@princes-trust.org.uk