

Fairbridge Reloaded



YOUTH
CAN
DO IT



**Now
Fortnightly
from August
19th!**

Prince's Trust South Coast Hub, 61-64 High Street So14 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 YOU INTERESTED IN REFERRING? PHONE 0800 842842 OR VISIT
WWW.PRINCES-TRUST.ORG.UK OR SCAN THE QR CODE BELOW**



**For any additional information please
email [solentoutreach@princes-
trust.org.uk](mailto:solentoutreach@princes-trust.org.uk)**