

ACTIV8

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A fun, supportive programme for young people who want to improve their confidence, wellbeing and prepare for their next steps.

Available for young people aged 16-25, not in employment, training or education.

Every day is different.

Mornings will focus on interactive workshops and learning, with afternoons saved for trying new experiences and challenges, to build confidence, well-being and develop healthy habits.

The sessions run for three weeks with a mixture of face to face delivery and activities and then 1-2-1 appointments.

Activities May Include:

- Stand Up Paddle Boarding
- Mountain Boarding
- Climbing
- Personal Fitness Sessions
- Outdoor Challenges
- Team Activities & Adventures

Gain a NOCN
Certificate in Skills
for Employment,
Training and Personal
Development

What's Included:

- Free Bus Passes
- Free Breakfast & Lunch Every Day
- All Course Costs Included
- Supportive staff to help achieve their goals

Sessions Starting on:
19th October 2026
18th January 2027

**Head to our website
and refer today**

