

# NEWSLETTER

Yorkshire & Humber – December 2023



Prince's Trust



# WHAT WE DO

We help young people aged 16-30 in Yorkshire & Humber to **Start Something**.

We do this by helping them to build their confidence, kickstart a career in a whole range of sectors, develop new skills, or explore self-employment through our **FREE** programmes.

Read on to find out about this month's local opportunities.

# GET STARTED



# GET STARTED IN MINDSET AND MINDFULNESS



**WHERE:** Online **WHEN:** Taster Day 24<sup>th</sup> Jan 2024 / Course Dates 29<sup>th</sup> Jan – 2<sup>nd</sup> Feb 2024

Our FREE 5-day Get Started in Mindset and Mindfulness programme gives young people the chance to learn from industry experts, get invaluable skills and techniques in mindset and mindfulness.

On this course you will:

- Receive a mindset diary
- Understand key terminology in relation to mindfulness
- Identify how to use a positive mindset to reframe a failure, using role models and finding personal strengths

For more information contact: [YHOutreach@princes-trust.org.uk](mailto:YHOutreach@princes-trust.org.uk)



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# GET STARTED IN HEALTH AND FITNESS



**WHERE:** Bradford **WHEN:** Taster Day 30<sup>th</sup> Jan 2024 / Course Dates 5<sup>th</sup> – 9<sup>th</sup> February 2024

Our FREE 5-day Get Started in Health & Fitness programme gives young people the chance to learn from industry experts, get invaluable experience and a taste of what it's like to work in Health and Fitness.

On this course you will;

- Develop Health and fitness skills in a supportive environment
- Develop your confidence, communication skills and teamwork throughout the week through specially designed activities
- Gain an understanding of the fitness world and the discipline to succeed
- Lunch, travel and equipment provided

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# GET STARTED IN BOXING



**WHERE:** Guiseley **WHEN:** Taster Day 30<sup>th</sup> Jan 2024 / Course Dates 5<sup>th</sup> – 9<sup>th</sup> February

Our FREE 5-day Get Started with Boxing programme will introduce young people to boxing while building their self-confidence, motivation and skills for work, helping them to fulfil their potential.

On this course you will;

- Develop boxing and fitness skills in a supportive environment
- Develop your confidence, communication skills and teamwork throughout the week through specially designed activities
- Gain an understanding of the fitness world and the discipline to succeed
- Lunch, travel and equipment provided

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# GET STARTED WITH FOOTBALL COACHING



**WHERE:** Leeds **WHEN:** Taster Day 6<sup>th</sup> Feb 2024 / Course Dates 12<sup>th</sup>-16<sup>th</sup> Feb 2024

The Princes Trust is offering a free Get Started with Football Coaching programme in partnership with Leeds United Foundation.

On this course you will:

- Learn about sports leadership and developing a future action plan
- Develop communication, teamwork and coaching skills
- Meet new people and build your confidence
- Gain an 'I Can Lead Award' Qualification
- See how football and sport can help self- management and motivation

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# TEAM



# TEAM



**WHERE:** Sheffield, Wakefield, Halifax, Hull & Bradford **WHEN:** January 2024

Join Team, our 12-week personal development programme, for the chance to gain new skills, take a qualification and meet new people.

When you come on board, you'll be challenged to:

- Take on your own group community project, making a positive difference to the place where you live
- Take part in an action-packed residential trip
- Get two weeks' work experience in something you're interested in
- Develop your English and Maths skills

As part of the course, we also spend some time developing your interview and CV skills to ensure your confidence is sky-high for when taking the next step.

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# DEVELOPMENT AWARDS



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Our Development Awards can help cover the cost of course fees, tools or equipment to help you achieve your goals.

Development Awards are for young people aged 16-30, and not in full-time work, training or education.

They can support **accredited course fees** up to Level 3 (A-level equivalent), **tools, equipment or uniforms** for a job or qualification, **job licence fees**, and **transport to a new job** until your first pay slip.

When applying for a Development Award, you'll first be asked to complete an application form with the help of a friendly volunteer. You will be asked to tell us a bit about who you are, your education or employment plan and how a grant would support your goal.

Once approved, you'll be awarded a typical amount of £175-£250 (depending on your needs, location and funding availability) which is paid directly to an organisation or we'll send you a voucher.

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# ENTERPRISE



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Our Enterprise programme gives you the chance to find out everything you need to know to make your business, or business idea, a success through our online resources and a short course.

Our Enterprise programme consists of the following stages:

- Stage 1: A free information session in your local area or online. We'll tell you how we can support you and, if you're still keen, we'll also invite you onto our interactive workshop
- Stage 2: Attend a workshop where you'll get to meet like-minded people. You'll also have the chance to tap into a business adviser, covering everything from business planning and marketing to sales, budgeting and tax. Workshops vary in length, but average between two and four days
- Stage 3: It's time to start building your business. We'll provide you with a mentor to support you as you plan and test your ideas. You'll even have the opportunity to apply for loans and support for business purposes
- Stage 4: You'll present your business plan to our Business Launch Group. Their job is to ensure your idea is viable and sustainable. It's designed to be a positive experience for you – and to ensure there are no weak points in your plan. There's also additional start-up finance support if you need it

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# HEALTH AND SOCIAL CARE



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We are proud to work in the Health & Social Care sector and work with partners who have hundreds of entry-level jobs available.

The NHS is one of the largest employers in the world, and the biggest in Europe with over 1.3 million staff. Along with many partners in the community it supports a growing and ageing population.

But a younger, more diverse workforce is needed to help sustain the Health and Social Care sector, with only 5% of the workforce being under 26 years old. We're set to train thousands of young people like you with the skills and confidence you need to move into health and social care jobs, as well as receive mentoring to develop your careers. All with the support of our brilliant network of hospitals and care homes.

For more information contact: [YHOutreach@princes-trust.org.uk](mailto:YHOutreach@princes-trust.org.uk)



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# H&SC Mentoring



Want a job in Health and Social Care?

Get FREE Support from a Prince's Trust Mentor

- Learn about 350+ roles in the health and social care and find the right one for you based on what you enjoy
- Develop a CV and cover letter that will get you noticed by employers
- Develop your confidence

Your dedicated mentor will have regular, virtual meetings with you, identifying the support you need and working with you to get the job you want

For more information contact: [YHOutreach@princes-trust.org.uk](mailto:YHOutreach@princes-trust.org.uk)



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# STEPS INTO H&SC



Thinking about a career in Health & Social care but not sure where to start?

Seen one of our other H&SC programmes advertised but can't make the specific dates because of other commitments?

Our Steps Into Health & Social is made for you

- Virtual workshops to boost your employability and knowledge of HSC, you can tailor your journey and choose what is right for you
- You will receive 121 support from The Prince's Trust to support you finding the right opportunity for you in your area

For more information contact: [YHOutreach@princes-trust.org.uk](mailto:YHOutreach@princes-trust.org.uk)



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# CONTACT US

For more information about our programmes and opportunities head to:

**Website:** [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

**Phone:** 0800 842 842

**Email:** [YHOutreach@princes-trust.org.uk](mailto:YHOutreach@princes-trust.org.uk)

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# THANK YOU



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