

Barnardo's Works – Fit For Work

Specialist Support for: Jobless residents in Dundee aged between 16-24	
What are we doing and how are we doing it?	<p>Fit For Work is funded through CashBack for Communities. A “Youth Work” approach is adopted to engage with young people through the delivery of an interactive employability programme that provides 1:1 mentoring and group work. Fit For Work includes:-</p> <ul style="list-style-type: none"> -Outreach Engagement – initial engagement and relationship building -Health/wellbeing Fitness – activities that improve mental/physical health and community volunteering -Financial Fitness – support to better understand personal finances to maximise income, recognise the benefits of work and how to budget; this might also include a Personal Finance SQA Award -Fit to Compete for Work – employability activities to build young peoples’ soft, core and vocational skills. -Celebration and post-programme support – young people progressing onto positive destinations (i.e. employment, education or further training) will be offered additional after-care support <p>Young people will develop physical and personal skills; and their wellbeing will be improved. Young people will also build their capacity and confidence to progress on to further employability training, education or employment.</p>
Who's Eligible?	Young People aged 16-24 on Stages 1 and 2 on the employability pipeline.
Target Audience:	Young People aged 16-24 - The target group includes young people at risk of being involved in antisocial behaviour, offending/re-offending; living in employment deprived areas of Dundee and not in employment, education or training.
When can we apply?	Office hours
Where will it be held?	<p>Barnardo's Works The Circle, 4-6 Staffa Place Dundee, DD2 3SX</p> <p>The service will be provided in our premises, outreach and community based.</p>
How do we refer?	Referrals can be made by contacting Lesley Bollan, details below.
Contact Details	<p>Name: Lesley Bollan, Team Manager Tayside Tel: 07917 544212 Email: lesley.bollan@barnardos.org.uk</p>
Stages Covered	1, 2

