



Prince's Trust

The Prince's Trust Newsletter

Hampshire August 2024



Welcome to your regular newsletter from The Prince's Trust in Hampshire


We have many great courses for young people aged **16-30** to get involved in. Courses are free and give young people the tools to build their confidence, find a job or get into education or training.




Please note young people must be NEET (Not in Education, Employment or Training) to take part in most courses in this newsletter, Health & Social Care courses are an exception.

If you see a course your young person would like to do, fill out our online referral form [*How can we help you at The Prince's Trust? \(office.com\)](#).

Please only refer young people for advertised courses, if you can't see a course available, contact us directly and a member of the team will be in touch to chat through the upcoming options.

Get Started in Health & Fitness	Get Started in Conservation	Get Started in Filmmaking
		
<p>Age: 16-25</p> <p>Location: Pound For Pound Palace, Southampton.</p> <p>Taster Day: 29th August Main programme: 2nd-6th September</p> <p>Application deadline: 22nd August</p> <p>Learn how to take care of your physical and mental wellbeing. Work with industry experts and take part in active sessions at a modern boxing gym. Gain knowledge on what it is like to work in the fitness industry. Get tips on nutrition and exercise.</p> <p><u>Refer a Young Person</u></p>	<p>Age: 16-25</p> <p>Location: Central Southampton (buses provided out to New Forest sites).</p> <p>Taster Day: 5th September. Main programme: 9th-13th September.</p> <p>Application deadline: 28th of August.</p> <p>Visit a RSPB conservation site and learn hands on skills outdoors. Build confidence and communication. Take part in conservation focussed activities.</p> <p>Get follow up, post programme support to get you into next steps.</p> <p><u>Refer a Young Person</u></p>	<p>Age: 16-25</p> <p>Location: Gosport Museum and Art Gallery with Hampshire Cultural Trust.</p> <p>Taster Day: 19th September. Main programme: 23rd-27th September.</p> <p>Application deadline: 11th September.</p> <p>Learn the art of filmmaking. Create your own storyboard and script, then film it. Cover topics such as camera work, acting, lighting, sound and video editing.</p> <p>Screen your work in a celebration event with friends and family.</p> <p><u>Refer a Young Person</u></p>

Explore – Returning in October.	Development Awards	Team, Portsmouth.
		
<p>Location: Southampton and Portsmouth. Attend the one closest to you!</p> <p>RETURNING IN OCTOBER.</p> <p>Age: 16-25. 7-week programme, providing personal development opportunities through practical activities that will develop Young People's confidence whilst giving them skills in team building, problem solving and communication. Each week is thematic, moving from 'preparing for success', through life skills and interpersonal skills, all the way into resilience and taking ownership of next steps. This contact can continue for 3 months post-Programme, so the young person has continued support moving forwards. The Programme is part time, starting with a three-day access week, moving to two days per week thereafter, finishing with the opportunity to attend a three-day residential trip.</p> <p><u>Refer a Young Person</u></p>	<p>Date: Contact us anytime. Age: 16-30</p> <p>Our Development Awards can cover the cost of course fees, tools or equipment in order to help young people anywhere achieve their goals and move into education, training or employment.</p> <p>Please note if you wish to gain a CSCS card, SIA licence or similar accreditation you must be work ready and prepared to sit the necessary qualifications.</p> <p>For more information, visit our website Get funding to train and learn Development Awards (princes-trust.org.uk).</p> <p><u>Refer a Young Person</u></p>	<p>Location: CoPC, Highbury Campus. Begins: 16th September 2024. Age: 16-25</p> <p>Our 12-week personal development programme, for the chance to gain new skills, gain a qualification and meet new people. When you come on board, you'll be challenged to:</p> <ul style="list-style-type: none"> • Take on your own group community project, making a positive difference to your local area. • Take part in an action-packed residential trip. • Get two weeks work experience in your chosen industry. • Develop your English and Maths skills. <p>As part of the course, we also spend some time developing your interview skills and CV to ensure your confidence is sky-high for taking the next step.</p> <p><u>Refer a Young Person</u> Contact princestrust@copc.ac.uk or 02392383131.</p>

Prep with us for Health & Social Care Interviews	Get Started as a Healthcare Support Worker	Get Started in NHS Admin
		
<p>When: Ongoing sessions each week</p> <p>Where: Online via MS Teams</p> <p>Who: 16-30 year olds</p> <p>How: Refer a Young Person or text 'Interview prep' to 07984005934 and we will call you to discuss the next steps</p> <p>If you've applied for and been offered an interview in Health & Social care, we can prepare you for interview success and help you navigate your first months, including financial and mentoring support. Join our 2-hour long session to access our support package!</p> <p>Queries: Sofia.Papatheofilou@princes-trust.org.uk</p>	<p>Taster Day, 13th August Main Course, 20th-22nd August Where: Online via MS Teams Who: 18-30 year olds How: Refer a Young Person</p> <p>Want to kickstart your career in healthcare? Becoming a Healthcare Support Worker / Healthcare Assistant is a great place to start!</p> <p>We can help you apply to many employers across Berkshire, Hampshire, Oxfordshire and Kent.</p> <p>Our 3-day online programme provides insight to the Healthcare Support Worker role, equipping you with vital knowledge about healthcare and the employer, so you can have the best chance at being successful in your application. We advise on CVs, interviews, employability, professionalism, and host employer Q&As.</p> <p>After the programme, we will support you in attending <u>interviews</u> and offer support for up to 3 months. You will also have access to a mentor and a mental health & wellbeing service, and you can apply for financial support in some circumstances.</p> <p>Queries: ellie.dunstall@princes-trust.org.uk</p>	<p>Taster Day, 18th September Main Course, 24th-26th September Where: Online via MS Teams Who: 18-30 year olds How: Refer a Young Person</p> <p>This 3-day online programme is designed to upskill and prepare Young People to apply for a role in NHS Admin.</p> <p>Over the course of 3 days, young people will learn all about the values and skills required for an admin-based career in the NHS, they'll gain sector-based knowledge, improve employability skills, and hone their interview technique.</p> <p>At the end of the programme, we support young people to apply for admin roles with NHS Trusts throughout the Southeast and, post-course, for up to 3 months.</p> <p>Young people will also have access to a mentor and a mental health & wellbeing service and can apply for financial support in some circumstances.</p> <p>Queries: laura.cottrell@princes-trust.org.uk</p>