

# Are you?

**In year 10?**

**Struggling to attend school?**

## How we can support you...

### **1:1 Coaching sessions**

Help you identify and overcome your barriers. Here you will set goals and plans for your future!

### **Group work & positive activities**

Access to positive activities and personal development, grow your confidence and make friends.

### **Volunteering & work placement opportunities**

Support to find and access volunteering or work placements that will give you valuable experience.

**Young people must live in the Nelson Ward to be eligible**

**For a referral form or further information: [contact@ontracknorfolk.org](mailto:contact@ontracknorfolk.org)**

**THE  
MATTHEW  
PROJECT**  
**Finding hope together**

This offer is made under the Right to Succeed Central Great Yarmouth Place Project. The aim is to improve Literacy, Youth Offer & Education and Employment & Training in the area to enhance the life chances of young people and prevent them from turning to youth crime & violence.

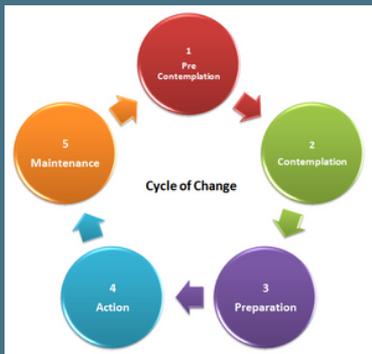


# More details...

## On Track Model

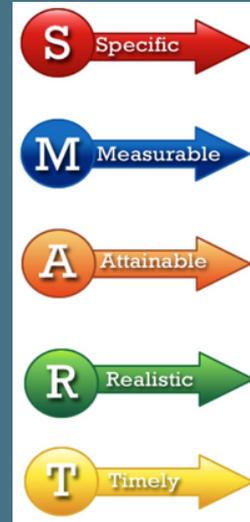
### Coaching

Weekly 1:1 sessions either in school or the local community, somewhere the young person feels safe and comfortable. Young person will complete an outcome star to better understand themselves and their situation, perhaps what it is they would like to change.



Depending where the young person is on the cycle of change will determine their **plan and goal setting** moving forward.

Motivational Interviewing techniques to support young people to explore solutions to their barriers themselves.

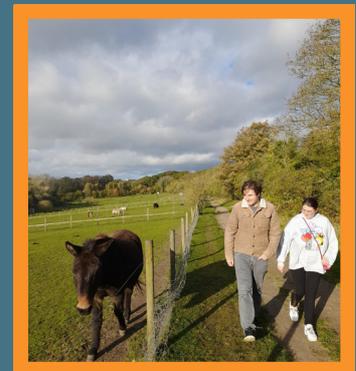


Young people will set SMART main and sub goals to work towards.

**Main Goal:**  
These are reasonably substantial which may take some time and several steps to achieve.

**Sub Goal:**  
These are smaller, bitesize steps towards a main goal.

### Positive activities



Seasonal activities, cooking sessions, well-being walks, arts & crafts, bowling and many more! These activities help young people gain confidence in group environments and improve anxiety. Providing young people with a safe space to step outside of their comfort zone and make new friends.

### Group work



Personal development programme, well-being toolkit workshops, journaling workshops, industry insights, guest speakers & more!

### Exploring future options

Once the relationship between the worker and young person is established, they have more of an understanding of their situation/barriers and their confidence is growing they are able to explore career options and future training/work opportunities.

- Further study
- Apprenticeships
- Work experience
- Employment