

# Towards Thriving Forward

**A volunteering programme to help young people grow, flourish and thrive.**

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**Towards Thriving Forward** is designed to support young people and care leavers aged 16–30 as they build confidence, develop practical skills, and create a strong foundation for their futures. This pathway offers a safe, nurturing space where participants can grow through meaningful volunteering, mentorship, and personal development opportunities over a structured period of 10 to 12 weeks.

## Programme Aims

- Empower young people and care leavers to gain new skills and experience.
- Build resilience, self-confidence, and leadership abilities.
- Foster a sense of belonging and connection within the community.
- Support positive transitions into education, training, or employment.
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## Duration

The programme runs for 10 to 12 weeks, providing consistent support and opportunities for growth during this time.

## Eligibility

- Young people and care leavers aged 16 to 30.
- Those who have been out of education, training, or employment for six months or more.
- Individuals who may be marginalised or facing barriers such as homelessness, social isolation, mental health challenges, or lack of support networks.
- Young people interested in gaining practical skills and volunteering experience.
- Commitment to attend regular sessions and participate actively. Minimum of 12 hours/week.
- Open to self-referrals or referrals from support organisations or local authorities.

## Core Activities

- Volunteering shifts at Lucy's Pantry and community events.
- One-on-one and group mentoring sessions with experienced volunteers and staff.
- Skills workshops covering communication, teamwork, food justice, and personal development.
- Opportunities to co-design community projects or lead initiatives.
- Social activities and peer support to build friendships and networks.
- Access to wellbeing support and guidance throughout the programme.

## Qualifications & Certifications

Participants have the opportunity to earn nationally recognised qualifications, such as:

- Food Hygiene and Safety Certification (Level 2)
- First Aid Training
- Health & Safety Awareness
- Manual Handling Training
- Mental Health First Aid (introductory level)

These certifications not only enhance skills but also improve employability and further education prospects.

### **Support Offered**

- Dedicated mentors to provide guidance and encouragement.
- Assistance with CV building and interview preparation.
- Access to additional training or workshops tailored to individual goals.
- A supportive, inclusive environment that celebrates diversity and growth.

### **Expected Outcomes**

- Increased confidence, resilience, and independence.
- Enhanced employability with recognized qualifications and practical experience.
- Stronger community connections and a sense of belonging.
- Improved leadership and teamwork skills.
- Clearer pathways into education, training, or employment.

### **How to Apply**

- Interested young people and care leavers can apply via a simple application form or referral from a support worker or organisation.
- Informal interviews or welcome sessions to ensure the programme is the right fit.
- Ongoing support available throughout and after the programme.