

Back on Track!

FIRSTRUNG
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Changing Lives • Creating Futures

16-24
yrs old

Enrol
Today

Training Centre:
Ponders End, Enfield EN3 4DZ

www.firstrung.org.uk



Four STEPS TO GET BACK ON TRACK...

Back on Track supports 16-24 year olds from the north and east London areas, particularly focusing on those who live in the boroughs of Enfield and Waltham Forest.

Our goal is to help them overcome barriers and sustainably progress to a job, apprenticeship or further education, setting them on track to a fulfilling and successful career.



Working in collaboration with partners and stakeholders, Back on Track targets young people who face barriers to progression, for example:

- Looked after children or care leavers
- Those who are homeless or at risk of homelessness
- Those involved in substance misuse and/or criminal activity
- Young carers
- Those with special education needs or a disability (SEN)
- Health issues, including mental health

TAILORED TO INDIVIDUAL NEED

We work with young people on a one-to-one basis to identify their barriers to progression and agree an Individual Progression Plan which details the wrap around support they will access to get back on track.

1

2

ONE TO ONE MENTOR

Participants will be allocated a mentor who will work with them throughout their programme journey, providing careers advice and guidance, pastoral support and coaching to build confidence and workplace attributes such as resilience, reliability, and team-working skills.



3

EMPLOYABILITY SKILLS

Preparing the young person for interviews with job coaching, CV building and interview preparation sessions. Plus, one to one support with applications for apprenticeship, work, and further education opportunities. Access to vocational tasters also available.

4

WORK PLACEMENT

Work experience opportunities providing valuable experience, skills development and the opportunity to explore career pathways.

CONTACT US...

For more information or to book your interview at First Rung contact Beverley Woodhouse on:

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