



GET ON TRACK:

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Bournemouth and Poole



Are you 16-25 looking for work, training, education, volunteering or sport opportunities?

Get on track is a programme led by world class athletes to help improve your communication, teamwork, confidence, health and wellbeing.

Starting on 17th July 2018

If it weren't for Get on Track, I'd probably be locked up, gone back to drinking or be dead. Meeting Jenna, my athlete mentor, was great, she told me I had potential and encouraged me. I'm so glad I changed my life around.

Stacey, Get on Track, Leeds



Find out more

When: July – August 2018

Where: Butchers Coppice

Time: 0900-1500

For more info, Contact Chloe Creed

Email: chloe.creed@ansbury.co.uk

Tel: 07760991719



www.damekellyholmestrust.org

[@DameKellysTrust](https://twitter.com/DameKellysTrust)

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Registered charity number 1128529 in England and Wales | Registered Company number: 06531532

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10th July Recruitment Afternoon Refreshments provided	12th July Recruitment Afternoon Refreshments provided	
17th July “On Your Marks” Team building and course initiation.	18th July “On Your Marks” Team building and course initiation.	19th July “On Your Marks” Team building and course initiation.
24th July AM: Team Activity PM: Town Task	25th July AM: Physical Training PM: Social Action Project Planning	26th July AM: Drugs and Alcohol, Healthy eating PM: Blind Football
31st July AM: Budgeting and CV writing workshop PM: Interview Skills	1st August AM: Job opportunities day PM: Applications	2nd August Fun Day Out !
7th August Social Action Project Delivery	8th August Go Event (celebrate your success and hard work)	



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