

# YOUR FUTURE



'Your Future' is a bespoke programme designed specifically to support young people, building their confidence and exploring their aspirations towards employment, education or training.

By engaging in day trips, short breaks, and hands-on learning experiences you will:

- Get involved in exciting activities
- Meet new people and make friends
- Develop interpersonal and social skills
- Boost employability
- Build confidence and support self-resilience
- Increase teamwork and independent living skills
- Gain an understanding of local opportunities that are right for you

Who can get involved?

- Young people aged between 19- 25\* living in the Plymouth area
- Those with Education Health Care Plans (EHCPs)
- Those with other support needs
- Those who experience barriers to learning

\*Some opportunities will be available for 16-18 year olds.



Contact the team for more information:  
[yourfuture@oncoursesouthwest.co.uk](mailto:yourfuture@oncoursesouthwest.co.uk)