



Prince's Trust



look beyond the label

The Prince's Trust

A quick guide to how we help young people

You want young people to have a chance in life. So do we.

The Prince's Trust is the UK's leading youth charity, supporting young people to change their lives. We help young people aged 13 to 30 to develop their confidence and skills, and to get into education, training and employment. Our programmes offer personal development opportunities that bring tangible and lasting benefits to both our young people and the communities in which they live. We provide quality services that deliver the best possible outcomes to those who need it most.

But we can only do this by working in partnership with people like you.

→ We work with a wide range of agencies who support our work to get young people into employment, education and training. We also welcome partners who help young people tackle issues such as homelessness, mental health or a history of substance abuse

→ Our network of delivery partners includes colleges, uniformed services, sports clubs, industry and employers. This enables us to match young people with a programme that suits their needs

→ If you want to find out more about working in partnership with The Prince's Trust, please call 020 7543 1234

→ If you are contacting us on behalf of a young person about a particular programme, please call our dedicated hotline open from 9am – 5pm on 0800 842 842



Naomi's story

I'd been struggling with my depression for three years, feeling worthless. I started self-harming as a way of expressing the sadness I felt. I went to counselling to deal with my depression and managed to find a full-time job. However, when the recession hit, I was made redundant and started to feel anxious again. I was rarely leaving the house and couldn't eat. One of my friends suggested I contact The Trust and I joined the Team programme. This opportunity gave me the skills and confidence I needed to find in order to turn my life around. I discovered talents I never knew I had! I have since managed to secure my dream job as a support worker, helping people who suffer from depression. I'm now excited to wake up every morning and make a difference to people's lives.

→ develop confidence, skills and prepare for work

through a structured 12-week personal development course, individually tailored personal development programmes and short engagement programmes

→ improve motivation and attendance at school

through our network of XI clubs

→ work out whether self-employment is right for them

by supporting them to test their ideas, write plans and start their own businesses or achieve other goals in education, training, volunteering or work

→ give back to the community

through financial awards for community-based projects

→ overcome barriers and get their lives working

with cash awards of between £50 and £500 and mentor support for those leaving care/prison

→ develop personal and social skills

through residential schemes, group activities and tailored one-to-one support at Fairbridge centres



Together we can help more young people

The Prince's Trust can only continue its success by working in effective partnerships. With around 930 employees and 5,000 volunteers, as well as more than 800 strategic partners, The Trust has an unparalleled network of support.

When working with young people and partner organisations we strive to be:

→ **inspiring** – we lead by example

→ **passionate** – we believe in young people and their potential

→ **approachable** – we are open minded and value diversity

→ **enabling** – we focus on finding solutions

→ **committed** – we deliver to high standards and keep our promises

“The Prince's Trust gives you a

chance that is not offered by many others. Everything about The Trust is positive. Approaching them is the best thing I have ever done.”

Leanne, Enterprise Programme

participant

Focus

Our priority is young people who are:

→ educational underachievers (including those with low basic skills,

who truant and have been excluded from school)

→ offenders and ex-offenders (including serving prisoners)

→ unemployed, particularly those out of work for six months or more

→ in or leaving care

We are aware that young people:

→ from ethnic minorities

→ with disabilities

→ who are single parents

→ who are refugees/asylum seekers

are under-represented in our four target groups and we are keen to work with partners who specialise in these areas.

Results

Since 1976 The Prince's Trust has helped over 650,000 disadvantaged young people. This year The Trust aims to help 50,000 more.

Young Ambassadors

About the programme

This programme empowers young people to actively participate in the work of The Prince's Trust, engage with public decision making and inspire other young people, while helping to develop leadership and communication skills. Young Ambassadors participate in the programme as volunteers for up to a year and can also apply to join The Prince's Trust National Youth Advisory Group which works on a wide range of strategic projects and activities.

We offer:

- high quality training
- regular contact and support from a member of staff
- individual assessment to determine skills and interests
- a wide range of roles and opportunities to participate in the work of The Prince's Trust
- regular reviews and a final celebration event

What does it offer young people?

Participants can:

- develop leadership and communication skills
- develop confidence and self-esteem
- get involved in the work of The Prince's Trust
- make a real contribution to their community and inspire other young people
- network with leaders and decision makers in the public and private sector
- influence local and national policy affecting young people
- meet other young people in the Young Ambassador network

Who is eligible?

Young people aged 16 – 30 who have previously completed a Prince's Trust programme

Together we can help more young people

Please note that most programmes operate in the majority of areas, although there are some variations.

Some regions and countries also offer programmes that may not be featured here – please contact your local Prince's Trust office or visit the website for up-to-date information.

Around three in four young people taking part in our programmes go on to education, training or employment.

Freephone 0800 842 842

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Prince's Trust

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Community Cash Awards

About the programme	Cash awards of up to £3,000* for young people to design and run a project to benefit the community. We offer: <ul style="list-style-type: none">→ practical guidance on how to plan, run and manage a project→ project assessment and action planning→ financial support→ on-going support and monitoring→ an 'end of project' review
How does it help young people?	Participants can: <ul style="list-style-type: none">→ learn to work together to plan, manage and run the project→ improve a range of skills including budgeting, financial management, negotiation and communication→ gain increased confidence and self-esteem→ make a real contribution to their community→ gain greater citizenship and community awareness
Who is eligible?	UK residents: <ul style="list-style-type: none">→ aged 14-16, in education, and at risk of achieving fewer than five GCSEs grades A-C, or→ aged 16-25 and not in education, training or work (or working less than 16 hours a week)
* Awards averages will vary according to funding	

Development Awards

About the programme	Cash awards of up to £500* to help young people access education, training and employment. Young people also receive help with action planning and ongoing support and monitoring. We can help to fund: <ul style="list-style-type: none">→ tools, equipment or transport for a job→ course fees→ professional licence fees→ interview clothes→ childcare costs
How does it help young people?	Participants can: <ul style="list-style-type: none">→ receive a cash award to help them undertake education or training or enhance their ability to gain employment→ overcome significant barriers within a short space of time→ learn new skills and acquire new knowledge
Who is eligible?	UK residents: <ul style="list-style-type: none">→ aged 14-16, in education, and at risk of achieving fewer than five GCSEs grades A-C, or→ aged 16-25 and not in education, training or work (or working less than 16 hours a week)
* Awards averages will vary according to funding	

Enterprise Programme

About the programme	Support and funding to help young people explore and test their ideas, write plans and start their own businesses or achieve other goals in education, training, work or volunteering. We offer support in four stages: <ul style="list-style-type: none">→ Information session - a short session to explain about the programme so young people can decide whether they want to take part→ Explore Enterprise course - four days to learn about topics relevant to planning and running a business to help young people decide whether self-employment is right for them→ Next Steps - one-to-one sessions to support young people to think through, choose and plan their next step. Grants are available to help young people test their ideas→ Mentoring and financial support - to help young people achieve their chosen outcome; progression mentoring to help young people improve their employability skills and access training, employment and volunteering opportunities; or business start-up support
How does it help young people?	Participants can: <ul style="list-style-type: none">→ work out whether self-employment is right for them→ explore and test their business ideas→ meet other young people considering self-employment→ develop their skills→ work with a mentor→ start their own business or achieve alternative goals in education, training, work or volunteering
Who is eligible?	Young people aged 18-30 who: <ul style="list-style-type: none">→ are unemployed or working fewer than 16 hours a week, especially those from other Prince's Trust target groups→ are interested in self-employment and have a business idea they want help to explore

In Scotland the programme is delivered in partnership with Prince's Scottish Youth Business Trust, a sister charity of The Trust.

Fairbridge

About the programme	Individually tailored personal development programme combining one-to-one support and group activities, delivered by Fairbridge staff through our 15 centres. The programme begins with a short Access course (5-10 days) delivered using fun, challenging activities and a residential element to engage those who may have previously struggled with structured delivery. With support, young people then choose from follow-on sessions which develop skills in four areas: <ul style="list-style-type: none">→ Employability→ Independent living→ Learning→ Community and recreation In addition to local sessions, young people can also build their confidence, team work and independent living skills aboard our tall ship, Spirit of Fairbridge. The one-to-one support provided by our staff continues for as long as needed. Once ready, our staff assist young people in moving on to a positive next step.
How does it help young people?	Participants can: <ul style="list-style-type: none">→ tailor the programme to suit their needs→ develop personal and social skills allowing them to take responsibility for, and learn from, their own actions and behaviour→ access intensive one-to-one support→ gain nationally recognised qualifications→ find support to work on their self-confidence and motivation→ access a wider network of opportunities and improve their choices in life
Who is eligible?	Under 16 programme: <ul style="list-style-type: none">→ Young people aged 13-16 at risk of, or excluded from education and facing multiple barriers which prevent them engaging 16 plus programme: <ul style="list-style-type: none">→ Young people aged 16-25 who are disengaged from society and facing multiple barriers preventing them entering education, employment or training

Get into

About the programme	Short courses that develop young people's skills in a specific sector and support them into jobs. Get into programmes are developed and run with employers. The programme aims to give young people, who are work ready but do not have vocational skills, a mixture of practical training and hands-on experience, that will enable them to get a job.
How does it help young people?	Participants can: <ul style="list-style-type: none">→ attend a taster day to see if the programme is right for them→ learn new skills and gain practical experience in a specific area of work→ gain relevant accreditation for the sector→ improve their employability skills such as communication, team work and reliability→ organise a final celebration and gain recognition for what they have achieved→ meet potential employers and get six months' follow up support
Who is eligible?	Young people aged between 16-25 who: <ul style="list-style-type: none">→ are unemployed, especially those from Prince's Trust target groups→ want to work and are able to work

Get Started

About the programme	Short courses that engage and develop young people through sport or the arts and support them into further education, training or employment. Each Get Started course is designed according to a specific theme and is delivered with expert partners. Courses are based on practical activities and usually include accreditation.
How does it help young people?	Participants can: <ul style="list-style-type: none">→ attend a taster day to see if the programme is right for them→ enjoy a fun week of activities, inspiring them to move on with their lives→ develop confidence and motivation→ get new skills and accreditation→ organise a final celebration and gain recognition for what they have achieved→ undertake a group challenge→ get three months' follow up support
Who is eligible?	Young people aged between 16-25 who: <ul style="list-style-type: none">→ are unemployed, especially those from Prince's Trust target groups

Team

About the programme	A 12-week programme of personal development training. The programme re-engages young people, helping them to think about their futures. In many cases it changes their lives. Team is run in over 300 locations by organisations working in partnership with The Trust. Young people join a Team which has up to 15 participants and they: <ul style="list-style-type: none">→ learn the importance of team work→ spend a week at a residential activity centre→ undertake a project based in the local community (for example, redecorating a community centre)→ complete a work placement→ take part in a Team challenge involving caring for others (for example, taking a group of children with learning difficulties away on a short trip)→ stage a Team presentation, during which they recount their experiences
How does it help young people?	Participants can: <ul style="list-style-type: none">→ gain nationally recognised qualifications→ uncover hidden talents→ improve their motivation and self-confidence→ assume some responsibility and leadership→ develop team-working and communication skills→ raise their awareness of their local community and how they can contribute to it→ focus on their future choices and develops their job application skills
Who is eligible?	Young people aged 16-25 who: <ul style="list-style-type: none">→ are unemployed, especially those from Prince's Trust target groups
Teams include one or two employed people sponsored by their employer	

xl clubs

About the programme	A personal development programme aimed at young people aged 13-19 at risk of underachievement or exclusion from school. Using an informal approach to learning, a Prince's Trust xl club provides young people with the space and attention they need to develop confidence as well as to form a sense of ownership over their work and own development. The programme helps young people re-engage with learning and to develop a sense of achievement from which they can regain momentum in education. We offer: <ul style="list-style-type: none">→ an exciting and diverse programme across five activity areas→ a formal qualification accredited by Ofqual→ programme and marketing materials, teaching and learning resources, training and verification→ a dedicated Prince's Trust staff member to provide support to the Adviser and young people→ access to a network of Prince's Trust xl clubs and regional events to share good practice and ideas→ opportunities to get involved with sports and corporate partners
How does it help young people?	Participants can: <ul style="list-style-type: none">→ discover a new way of learning→ enjoy working as part of a small team→ boost their aspiration, motivation and self-esteem→ improve confidence and communication→ develop enterprise and employability skills→ achieve an accredited qualification
Who is eligible?	Young people aged 13-19 who are: <ul style="list-style-type: none">→ in school or outside the mainstream centres/organisations→ educational underachievers including those who have:<ul style="list-style-type: none">• been excluded or suspended from school in the last two years• regularly truanted in the last two years• difficulties in school (i.e. understanding the work, concentration, behaviour, bullying, problems at home, lacking in confidence, learning disability, etc)