



**P E R**  
**S O N A L**  
**D E V E**  
**L O P**  
**M E N T**  
**PROGRAMMES**

[pdp@warringtonyouthclub.co.uk](mailto:pdp@warringtonyouthclub.co.uk)

[warringtonyouthclub.co.uk](http://warringtonyouthclub.co.uk)



## Tough Minds - Young Men's Group

For young men aged 14-19 who would benefit from issue-based group sessions, to support their mental health and emotional well-being.

There will be a focus on personal development, mental health awareness and campaigning, plus training and development. In addition, there will be sessions on physical fitness to encourage more activity and participants will have free access to the onsite gym after the session.

There are opportunities during this programme to complete the Duke of Edinburgh, NCS, Community Sports Leaders Award, and Fitness Instructor Level 2 training.



**Programme length:** 12 months  
**Session Time:** Wednesday 4-6pm  
**Location:** The Junction, Buttermarket Street WA1 2LY  
**Contact:** Tom Peers: [Tomp@warringtonyouthclub.co.uk](mailto:Tomp@warringtonyouthclub.co.uk)  
**Join:** Request a form [pdp@warringtonyouthclub.co.uk](mailto:pdp@warringtonyouthclub.co.uk)  
**Cost:** Free



## Breaking Ground - Girls Group

For young females aged 12-16 that would benefit from issue-based group sessions. Topics may include mental health and emotional well-being, risky behaviours, alcohol and substance misuse, keeping safe and positive relationships.

The aim of the sessions is to help young women with their personal and social development and to increase confidence and self-esteem whilst introducing emotional intelligence and taking care of their mental health.

**Programme length:** 3 months  
**Session Time:** Wednesday 6-8pm  
**Location:** The Junction, Buttermarket Street WA1 2LY  
**Contact:** Tom Peers: [Tomp@warringtonyouthclub.co.uk](mailto:Tomp@warringtonyouthclub.co.uk)  
**Join:** Request a form [pdp@warringtonyouthclub.co.uk](mailto:pdp@warringtonyouthclub.co.uk)  
**Cost:** Access to the Youth Club is 50p per session



## Loud & Clear - Young Volunteers Training Programme

3 month training programme targeting young people who are interested in volunteering within the Youth Club setting. This programme is open to young people aged 14-19 years and has the opportunity to progress onto becoming a volunteer Buddy at the club or other volunteering opportunities within the local community.

The practical, hands-on training is designed to develop teamwork, leadership and communication skills alongside more specific youth work skills.

There are opportunities on this programme for young people to complete accredited courses in Basic First Aid, Health & Safety and Food Hygiene, along with a gained DBS to use in the workforce.

**Programme length:** 3 months  
**Session Time:** Monday 5:30pm and 7:30pm  
**Location:** The Junction, Buttermarket Street WA1 2LY  
**Contact:** Tom Peers: [Tomp@warringtonyouthclub.co.uk](mailto:Tomp@warringtonyouthclub.co.uk)  
**Join:** Request a form [pdp@warringtonyouthclub.co.uk](mailto:pdp@warringtonyouthclub.co.uk)  
**Cost:** Free

## Able to Manage - Money Management & Life Skills

**One to one mentored support in the area of money management.** This programme would benefit young people who would gain from some dedicated time with an adult volunteer Mentor focusing in the area of budgeting and life skills.

This programme is open to young people aged 14-18 years from the Warrington area. Sessions include budgeting, cooking, enterprise and independent living skills. The Mentor will work on the young person's personal development giving them skills for the future.

**Programme length:** 10 Weeks  
**Session Time:** Weekly sessions for 1-2 hours time to suit  
**Contact:** Sarah See  
**Join:** Email [sarahs@warringtonyouthclub.co.uk](mailto:sarahs@warringtonyouthclub.co.uk)  
**Cost:** Free



## The Duke Of Edinburgh Award

**The world leading youth achievement award gives millions of 14-24 year olds the opportunities to be the very best they can be.**



There are three levels of programme you can do which, when successfully completed, lead to a Bronze, Silver or Gold Duke of Edinburgh's Award. The main differences between them are the minimum length of time they take to complete, how challenging they are and the minimum age you can start.

This award can be completed at WYC. Activities for each DofE section take a minimum of one hour a week over a set period of time, and can be fitted around academic study, hobbies and social lives. Development and regular progress must be shown and all activities must be completed by the participant's 25th birthday.



**Contact:** Debbie Appleton  
**Join:** Email [debbiea@warringtonyouthclub.co.uk](mailto:debbiea@warringtonyouthclub.co.uk)

## Get a Job - Employability Skills Development

**This course is for 16-24 year olds and gives the skills beneficial for applying for jobs.** Included are fun activity sessions and a weeks work experience to help develop skills such as communication, team building, CV writing and completing job applications.

The November course incorporates sessions with Hit Radio Station so is ideal for anyone looking for employment in the media industry. In February we will be focusing on the catering and hospitality sector.

**Programme length:** 5 Weeks  
**Session Time:** 3 Sessions Per Week  
**Requirements:** Age 16-24, NEET or at risk of NEET  
**Contact:** Alex Mitchinson  
**Join:** Request a form [alexm@warringtonyouthclub.co.uk](mailto:alexm@warringtonyouthclub.co.uk)  
**Cost:** Free



## New Leaf - Disability Employment Support



As a partner of the New Leaf Programme, WYC support people aged 16-25 with a disability by allocating a mentor to create a personalised Action Plan of projects, training and education.

This may include Personal Development Programmes to increase confidence and social skills, as well as more specific courses in Volunteering, Employability and Enterprise.

Our aim is for all participants to improve their skills and understanding of the employment market and increase their chances of volunteering, gaining meaningful work experience and getting a job. As part of New Leaf, the young people will gain access to a wide range of other local services which can offer support around Mental and Physical Health, Finance, Benefits and Housing.

**Programme length:** 2 or 3 sessions per week

**Requirements:** Age 16-25 with a disability, or have learning difficulty or additional needs

**Contact:** Sam Barnett

**Join:** Request a form [samanthab@warringtonyouthclub.co.uk](mailto:samanthab@warringtonyouthclub.co.uk)

**Cost:** Free

## Sports Leaders Award - Sports Coaching



4 - 10 week programmes at foundation, Level 1 or Level 2.

Aimed at young people who are NEET or pre-NEET and are looking to gain qualifications towards becoming a personal trainer or sports coach. The course also helps build employability and communication skills. There is flexibility in where the sessions run; we can offer this course at centres across Warrington.

The programme is typically split into 2-3 sessions per week and hours depend on which qualification is chosen. A range of qualifications can be gained on completion of these courses.

**Programme Length:** 4 - 10 weeks

**Session Times:** 2 or 3 sessions per week

**Requirements:** Age 13-16 at risk of NEET, age 16-24 NEET

**Contact:** Alex Mitchinson: [alex@warringtonyouthclub.co.uk](mailto:alex@warringtonyouthclub.co.uk)

**Join:** Request a form [pdp@warringtonyouthclub.co.uk](mailto:pdp@warringtonyouthclub.co.uk)

**Cost:** Free

