

**NR THIRTY**

THE  
MATTHEW  
PROJECT

# OnTrack

**Are you struggling to  
attend school, college or  
secure employment?**

**Living in Nelson Ward in Great Yarmouth?**

**14 - 19 years old?**



## One to One Coaching Sessions

We'll help you identify and overcome your barriers. Here, you'll set goals and plan for your future!



## Group Work & Positive Activities

Access to positive activities and personal development opportunities to grow your confidence and make friends!



## Volunteering & Work Placement

Receive support to find and access volunteering or work placements that will provide you with valuable experience.

[matthewprojectyoungpeople.org](http://matthewprojectyoungpeople.org)



[contact@ontracknorfolk.org](mailto:contact@ontracknorfolk.org)

## Coaching

Regular 1:1 sessions take place in school, college or in the community where you feel safe and comfortable. You'll complete an outcome star to better understand yourself and your situation, identifying any changes you'd like to make. Motivational interviewing techniques are used to help you explore solutions to your barriers. You'll set SMART goals—main goals, which are substantial and may take time to achieve, and smaller, bite-sized sub-goals that bring you closer to the main goal.

## Positive Activities and Group Work

Activities like cooking, walks, arts, bowling, and more—boost confidence, ease anxiety, and make friends in a safe space.

Personal development programme with wellbeing tools, workshops, journaling and industry insights!

## Exploring Future Options

As we get to know you, we'll better understand your situation and any barriers you may face. As your confidence grows, we'll explore future options together, including further study, apprenticeships, work experience, and employment opportunities.

## Phone

01603 723845

9:00 - 17:00, Monday to Thursday.

9:00 - 16:30, Friday.



@TMPyoungpeople



Referral Form