

# YOUNG PEOPLE PROJECTS

## TURNING LIVES AROUND



- Independence
- Confidence
- Believe
- Achieve



The 180 Project offers a fantastic opportunity to improve areas of your life, skills and aspirations and ultimately give you a brighter future. You will have a personal mentor to support your journey to achieve your career goals.

Through one-to-one sessions and group workshops you will have the opportunity to manage your workload and plan for revision. You will also be able to access help in other areas such as housing, benefits, money management and health and wellbeing.

**T: 0845 22 32 567**  
**E: [enquiries@cornwall.ac.uk](mailto:enquiries@cornwall.ac.uk)**  
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**Are you a young person aged between 16-18 and currently volunteering, or would like the opportunity to do so?  
If so, this is the programme for you....**

We can offer an individualised programme of activity, including coaching and mentoring support, enabling you to become more effective within your volunteering role. The programme of activity will include a bespoke package of support to remove barriers and enable you to fully engage in volunteering, learning and work. We can also provide funding for things like travel, equipment etc. to support you through the programme.

The activities to be undertaken can include: CV writing, Communication Skills, Confidence and Assertiveness, Social Media for Business, First Aid, Customer Service, CSCS Cards and many more. Your mentor will help and support you through the programme, as well as assisting you to progress onto the next level of your volunteering, or into employment or apprenticeships.

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