

What is the Next Steps Project?



Next Steps is a project for young people, aged 16 – 24 years old who have faced or are experiencing challenges in their lives. A 16-week project (1 day per week) offering support for up to 7 young people at a time and is aimed at boosting confidence and self-esteem, developing new skills, meeting new people & ultimately getting out and having fun in a comfortable environment.

What we can offer young people while on the Project.

- 1 day per week
- Try new things
- Find a hobby and discover hidden talents
- Meet new people & make new friends
- You could gain a qualification without realising
- Lunches provided & transport to be discussed / arranged



What's involved.

- Arts & craft, upcycling, mural painting, cooking & baking
- Health & wellbeing sessions – sports & fitness, yoga & mindfulness
- Money management
- Team building and adventure activities
- One to one support with everyday issues you may be dealing with in your personal life



As well as face to face activities we can offer additional support online or over the phone



How do I join or apply to be on the project?

To join the project young people can either self-refer or be referred in via parents/ guardians or any organisations or agencies that they may be accessing support from already, or in the past. To do this or to find out more then please get in touch with Lisa Jones, lisa.jones@groundworknorthwales.org.uk or Adam Smith adam.smith@groundworknorthwales.org.uk or call 01978 757524.



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