

## New 'Springboard' programme launches in the East Riding



A new 'Springboard' programme has launched in East Yorkshire with the aim to provide support and guidance with a view of giving individuals the confidence, skills and help to get them into education, training, or work.

The programme, run by East Riding of Yorkshire Council's learning, skills and workforce development team, will offer a bespoke course for each individual. Some of the courses will be delivered in small groups or 1:1 sessions of approximately 12 weeks, with ages between 16-24 years of age, covering a wide range of topics and not limited to just employability skills.

Sessions which can be implemented include (but are not limited to):

- Health and well-being
- Mental toughness – activities based around self-esteem, confidence, teamwork
- Money matters – about how to manage money, debt
- Helping understand stress, what can cause it and how to manage it
- First impressions – Personality, stereotyping, how to contact businesses or job adverts
- Interview help and techniques
- CV help and job hunting
- Mini projects to help the community which would involve planning and implementing as a small group

The programme will adopt an individual approach to finding out what the client needs support with before then deciding on which group session and/or 1:1 session they are identified to be appropriate for. For example, if an individual only needs help with creating a CV and job-hunting, this may only take up to 4 weeks. Another client who has more needs with health, well-being or careers advice may stay with the programme beyond 12 weeks.

The individual will also receive help with finding job openings, interviews, part-time/full time work, training, and apprenticeships at the end of their programme.

The following criteria must be met to be eligible for the programme:

- Not in any type of education, training, or employment
- Not on any other course funded by the same funders
- Live in the East Riding boundary
- Be 16 – 24 years of age (individual may turn 25 when enrolled)

Councillor Jane Evison, portfolio holder for economic development and tourism at East Riding of Yorkshire Council, said: “It is terrific to see the launch of the Springboard programme and I would very much encourage any resident in the East Riding who may be struggling to find work, facing financial pressures or health and

wellbeing issues to get in touch with the team and find out what support is available to you.

“The programme covers a wide range of important issues for our younger generation and the different variety of sessions available should mean there is something for everyone in need of this support.”

We have a team of advisors ready and waiting to help you. Get in touch today via [Springboard@eastriding.gov.uk](mailto:Springboard@eastriding.gov.uk) or call 01482 887670

If you are an employer or small business owner that would like to register with us, please contact Sally-Ann Rena on [sally-ann.rena@eastriding.gov.uk](mailto:sally-ann.rena@eastriding.gov.uk)

For more information on the Springboard programme visit: [www.eastridingcouncil.jobs/jobs-and-careers/featured-jobs/springboard/](http://www.eastridingcouncil.jobs/jobs-and-careers/featured-jobs/springboard/)

The Springboard programme is funded by the European Social Fund until the end of September 2023.