

SUPPORT TRAINING OPPORTUNITIES




shropshire
housing group

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SUSTAIN
CONSORTIUM

Ludlow Foyer is a housing project which provides accommodation, support and training for young people.

Residents and other young people who access our service are given support and training to help them to become independent, confident and skilled.

We run regular training courses and activities that all young people over 16 in the area can join in with. These include:

- Cooking skills/catering events
- Managing money
- Healthy eating
- Drugs and alcohol awareness
- Sexual health awareness
- Fire safety training
- Managing a tenancy/home finding
- Applying for jobs and preparing for interviews
- Applying for college courses
- Cycle club
- Walks and outings
- Computer skills
- Digital photography
- Anger management
- Healthy relationships
- Keeping safe
- Art and crafts
- Visits to employers/local workplaces
- ... and many more!

Individual support is also offered to each person, tailored to their needs, to help boost confidence, keep healthy, manage relationships, help with employment, access health services, deal with debt etc.

To find out more drop in any Tuesday between 10-3pm or contact us using the details below.

Telephone: 0300 303 1190

Email: foyerinfo@shropshirehousing.org.uk

Web: www.ludlowfoyer.co.uk

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