



Prince's Trust

# Team programme



STOP waiting.  
**START  
SOMETHING.**

JOIN THE PRINCE'S TRUST  
TEAM PROGRAMME  
FROM GROUNDWORK



RECEIVE INCENTIVE  
UP TO £100  
IN LOVE TO SHOP  
VOUCHERS

# 16 ACTION PACKED WEEKS THAT COULD CHANGE YOUR LIFE FOREVER.

If you're aged 16-25 and you're not happy with where your life seems to be going at the moment, it's probably time you tried something new.

Each year The Prince's Trust Team Programme helps thousands of young people to get their lives back on track. Getting involved with the Team programme, run by Groundwork, will introduce you to new people, help you to learn new skills and gain qualifications.

At the end of the programme you'll be able look back on a life changing experience and look forward to a positive future.

- ✔ Meet new people and make new friends
- ✔ Make a difference to your local community
- ✔ Learn new skills and gain qualifications
- ✔ Get work experience in a job you enjoy
- ✔ Build your confidence
- ✔ Start looking forward to a positive future

# YOUR PROGRAMME, WEEK BY WEEK:

## Weeks 1-2

### Meet new people - the action starts.

Don't worry about being on your own. It's informal, with lots of activities to help you to get to know everyone and start to feel part of the team.



## Week 3-4

### Community project

Your team decides on a project to do in your local community and how to make it happen. You'll be surprised at what you can achieve together. It's a great experience to talk about at interviews.



## Weeks 5

### New experiences - residential

You'll spend this week away - trying new things and learning how to work with others. It's a chance to break away from your current situation.



## Weeks 6-8

### Work experience

Work placement planning and two weeks of work experience that will help you develop your skills. It's also a chance to try out a type of work, or a company, to see if you like it.



## Week 9

### Plan for the future

Time to plan your next steps after the programme. You'll get help to write a fantastic CV, practice your interview skills and make applications for jobs or further training.

## Weeks 10-11

### Supporting others

You and your team will take on a challenge to help others in the community. It's a chance to test out all the skills you'll have worked on so far.

## Week 13-16

### Extra workplace experience

The final step is an extended work placement that really adds to your experience, boosts your CV and confidence.

To find out more;  
text PRINCE to  
80 800 free of charge.

For more information about the  
Team Programme, or to sign up,  
contact the team in your area:

**Chorley:**

Mobile: 07740 546152

**Leigh:**

Mobile: 07810 123 854 or  
07518 844 904

**Wigan:**

Telephone: 01942 821 444  
Mobile: 07713 565 442 or  
07426 866 611

**Connect with us online**

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[www.groundwork.org.uk](http://www.groundwork.org.uk)



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Team  
programme

