

STEPS TO THE REAL ME

Helping young people to reach their full potential

Working together to help young people aged 13 - 25 to reach their full potential, through a combination of outdoor play, creative art and drama activities, sport based interventions and personal development

For more information or to register your interest, please contact:
0121 448 0720 or youth@colebridge.org

Mentoring, Counselling and Occupational Therapy




NORTHERN STAR
COMMUNITY ARTS


colebridge
trust


SOLIHULL MOORS
FOUNDATION
Empowering through Sport

Chelmsley Wood – Solihull Lodge – Hobs Moat – Kingshurst – Balsall Common

bobby f @ Colebridge .org



Frequently Asked Questions

What age group can you support?

Anyone aged 13 – 25



Do I need to live in one of the areas listed?

Ideally yes, but if you live anywhere in Solihull please contact Colebridge Trust as you may still be eligible, especially if you are accessing support services in the area

Can you still help me if my health condition or disability has not been formally diagnosed?

Yes, if you think you might be living with a health condition or disability that is preventing you from attending school, finding employment, undertaking training or is impacting on your health then please do not hesitate to contact us

Do I have to get my parents consent before registering?

Anyone under the age of 16 must have a trusted adult (aged 18 or over) who will act as an emergency contact. This can be a family member, teacher, police officer or other professional

Do you help with travel costs and other expenses?

We don't have specific funding for travel and other expenses but we will always try to help you access financial support, where needed

Can I bring someone with me to my appointments?

Absolutely! We would encourage you to bring someone if it will help you to feel more comfortable

I'm in education or employment, can you still support me?

Yes, if you are struggling to stay in employment or education because of a disability or mental health difficulties, then we can still help you

What if I'm not ready to volunteer or find employment?

That's ok! Steps To The Real Me is also about helping people who might be isolated and just want to take part in social activities, meet new people and build their confidence

Where can I find out more information about each provider and what support they can offer?

Colebridge Trust - colebridge.org/youth-projects/

Northern Star Community Arts - northernstarcommunityarts.co.uk

Solihull Moors Foundation - solihullmoorsfc.co.uk/the-moors-foundation/

Colebridge Trust



Northern Star Community Arts



Solihull Moors Foundation

