



# Hello from The Prince's Trust!

Here are a few things from us...

**HERTFORDSHIRE**

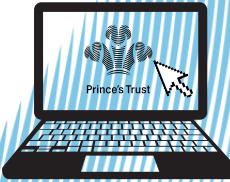




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# MENTORING ➤ HEALTH & SOCIAL CARE



Are you based in the East of England? Actively seeking employment in Health and Social Care? We can prepare you to apply for and maintain any employment or progression opportunity you are interested in with our tailored & flexible 1-2-1 support.



## DATES FOR YOUR DIARY:

Apply Anytime!

- 6 months of 121 support
- Get support up to 3 months after obtaining employment!



**START SOMETHING**



European Union  
European Social Fund



Prince's Trust



➤ Register your interest here!

# GET STARTED WITH PODCASTING AND MUSEUMS



ONLINE



## DATES FOR YOUR DIARY:

➤ Taster day: 22nd September 2022

➤ Programme dates: 26th - 30th September 2022

➤ Application Deadline: 21st September

START  
SOMETHING

To find out more & sign up:

Email [Keir.mulcahey@princes-trust.org.uk](mailto:Keir.mulcahey@princes-trust.org.uk) or

call Keir on **07583105454**

This programme is free of charge to young people aged 16-30 not currently in full-time work, training or education.



Prince's Trust



European Union  
European  
Social Fund

NORFOLK NORWICH  
FESTIVAL

A Norfolk & Norwich  
Festival 250 Project



HERITAGE  
FUND

# GET STARTED WITH HORSE RACING



An exciting opportunity to work with Race Horses and learn about handling, care and riding skills with The British Racing School!

## RESIDENTIAL PROGRAMME



### DATES FOR YOUR DIARY:

Taster day: 13th September 2022 (ONLINE)

Programme dates: 26th - 30th September 2022 (FACE TO FACE)

To find out more & sign up:

Cathy 07870872469, [Cathryn.porter@princes-trust.org.uk](mailto:Cathryn.porter@princes-trust.org.uk)

Keir 07583105454, [keir.mulcahey@princes-trust.org.uk](mailto:keir.mulcahey@princes-trust.org.uk)

This programme is free of charge to young people aged 16-25 not currently in full-time work, training or education, living in or able to travel to Suffolk.



THE  
BRITISH  
RACING  
SCHOOL



START  
SOMETHING



European Union  
European  
Social Fund

RF RACING  
FOUNDATION



# PORTIA'S STORY

**Portia took part in Get Into Horse Racing in March 2022, a face-to-face course run by The British Racing School in Newmarket.**

Portia has had her share of difficulties in the past and suffers from depression and PTSD. She is a recovering anorexic and also a young carer. Having left school, she works a few hours a week for the Co-op. Most of her time though is caring for her family as her mother has fibromyalgia and her brother has autism.

Right from the start, Portia made an excellent impression with her strong work ethic and affinity with the horses. The British Racing School staff were impressed with her and felt that she was an ideal candidate for one of their courses.



**"I would recommend this programme and The Prince's Trust to anyone who is interested in finding out more about the equine industry."**



# GET INTO ➤ RETAIL WITH MARKS AND SPENCERS



**FACE TO FACE**



## DATES FOR YOUR DIARY:

- Taster Day: 19th September
- Programme Dates: 3rd-28th October
- Application Deadline: 16th September



**START SOMETHING**

An exciting opportunity for young people 18 - 30, to obtain lots of experience in retail. During this 4 week programme you will work in a store and gain vital work experience.

To find out more & sign up:

Email: [anna.crump@princes-trust.org.uk](mailto:anna.crump@princes-trust.org.uk) or call Anna on 07904364206

Available free of charge to young people aged 18-30 not currently in work, training or education.

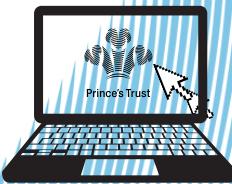


European Union  
European Social Fund

**M&S**  
EST. 1884



# GOOGLE IT SUPPORT PROFESSIONAL CERTIFICATE



ONLINE



## DAES FOR YOUR DIARY:

- Taster Day : 26th September
- Course Dates: 3rd October 2022  
(run over 3 months)



START  
SOMETHING



This programme is a  
Prince's Trust youth  
employment initiative,  
part-funded through the  
European Social Fund.

To find out more & sign up:

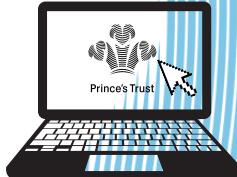
Call Kane Richards : 07483 431624 or email [kane.richards@princes-trust.org.uk](mailto:kane.richards@princes-trust.org.uk)

Available free of charge to young people aged 16-30  
not currently in full-time work, training or education.

Google.org



# VIRTUAL EXPLORE



ONLINE

Unsure where to start? Then join us for Virtual Explore: A mix of online confidence-boosting and self-esteem workshops, with employability tips & tricks to help you feel prepared and stand out to employers! While working as a TEAM we will look at realising our potential with support from the Prince's Trust. A perfect place to Get Started.



## DATES FOR YOUR DIARY:

- 22nd - 23rd September
- 19th - 20th October



Prince's Trust

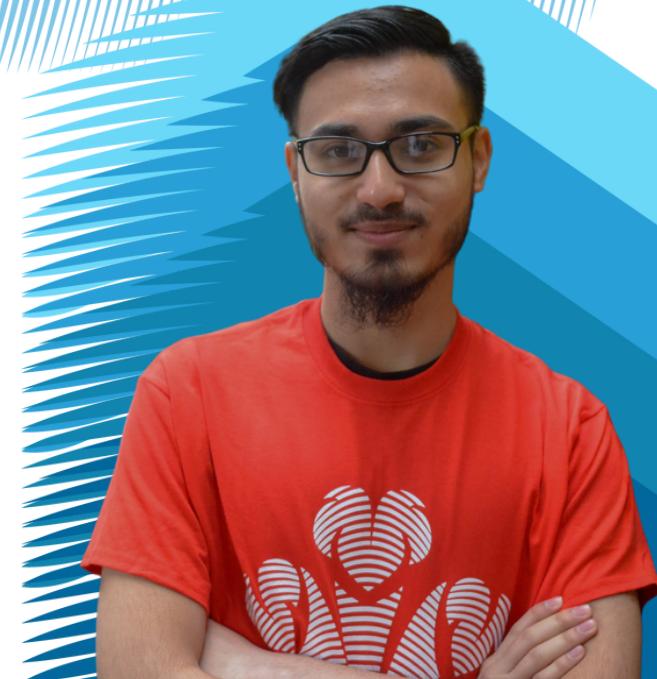
To find out more & sign up:

Email [Harry.sampson@princes-trust.org.uk](mailto:Harry.sampson@princes-trust.org.uk) or  
call Harry on 07483 981306

Available free of charge to young people aged 16-30  
not currently in full-time work, training or education



START  
SOMETHING



# ENTERPRISE

# BE YOUR OWN BOSS

Got a business idea and want to work for yourself? Joining The Prince's Trust's 3 day Explore Enterprise Course is your first step to launching your business.



ONLINE



## DATES FOR YOUR DIARY:

- 13th - 14th September  
or
- 27th- 28th September  
or
- 11th - 12th October



Prince's Trust

START SOMETHING

- Expert advice on setting up your business
- Support to write your business plan
- Opportunity to apply for funding
- Free mentoring for up to 2 years



To find out more & sign up:

Call Jamie on 07904972498 or email [Jamie.mack@princes-trust.org.uk](mailto:Jamie.mack@princes-trust.org.uk)

Available free of charge to young people aged 18-30 not currently in work, training or education living in the Hertfordshire area.



European Union  
European Regional  
Development Fund

# TEAM

## ► WATFORD, WGC/HATFIELD, HEMELHEMPSTEAD, STEVENAGE AND CHESHUNT



An exciting 12 week opportunity for young people to join one of our flagship programmes, designed to help you uncover your hidden talents, gain qualifications, improve your confidence and consider your next steps.



### DATES FOR YOUR DIARY:

- Programme Dates: Found on our website
- Register your interest now!

To find out more & sign up:

Email [Lynn.Worrall@princes-trust.org.uk](mailto:Lynn.Worrall@princes-trust.org.uk)

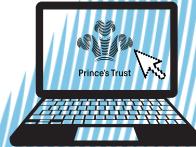
» [Click Here to Find Out More!](#)

Available free of charge to young people aged 16-25 not currently in full-time work, training or education living in Watford, WGC/Hatfield, Hemelhempstead, Stevenage and Cheshunt,



**START SOMETHING**

# DEVELOPMENT ➤ AWARDS



We pay to help tackle financial barriers, to help you get back into work! These could include, travel costs, equipment costs etc with an average grant being £100-£150.

Eligibility criteria applies.



## DATES FOR YOUR DIARY:



Apply anytime

To find out more & sign up:

Email Nutan Patel, [nutan.patel@princes-trust.org.uk](mailto:nutan.patel@princes-trust.org.uk),  
or call Nutan on 07717 488 544



DEVELOPMENT  
➤ AWARDS

This programme is free of charge to young people aged 16-30 not currently in full time work, training or education, living in East Midlands East of England and West Midlands.



# MEET YOUR LOCAL TEAM!

We have a range of programmes on offer to support young people who are wanting to build confidence, get into work or self-employment. Please contact one of our friendly staff if you have a young person interested in a course. We look forward to working with you!



Prince's Trust



**Mel**

**Employability**

**[melanie.phillips@princes-trust.org.uk](mailto:melanie.phillips@princes-trust.org.uk)**

**07870 880 647**



**Jamie**

**Enterprise**

**[Jamie.mack@princes-trust.org.uk](mailto:Jamie.mack@princes-trust.org.uk)**

**07904972498**