Minding The Gap

Your future, your choice
Minding the Gap is a partnership of eight organisations led by Community Action Suffolk. The partners provide a range of free activities to young people (aged 15-24) to support them in gaining confidence, experience and new skills to enter the world of work.

Access Community Trust delivers independent living skills, education and training, employment mentoring, mental health and wellbeing services to overcome barriers and fulfil potential.
www.accessct.org

Great Yarmouth & Waveney Mind is a forward thinking community based organisation which encourages and supports mental well-being and has a Young Persons in Mind project.
www.gywmind.org.uk

Involve provides engaging client led leisure activities and workshops, that enhance life choices and healthy lifestyles, improve social opportunities, develop life skills, and prepare for independent living.
www.involve-active.co.uk

Lapwing Suffolk designs and delivers inspiring, individual and appropriate learning programmes for young people marginalised through ill-health, disability or circumstance.
www.lapwingeducation.com

Red Rose Chain is a theatre company which runs community projects alongside their professional productions and education programme.
www.redrosechain.com

Realise Futures delivers skills, careers and employment support to offer individuals, the holistic wrap around support needed to tackle multiple barriers to employment and social inclusion.
www.realisefutures.org

Green Light Trust brings people and nature together through a series of projects that encourage people to enjoy being outdoors and protect the environment at the same time.
www.greenlighttrust.org

Phoenix Rising offers activities, education and challenges based on individual need. They focus on confidence, personal development and reducing risk taking behaviour to remove barriers to employment.
www.phoenixrising2031.org.uk

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What is Minding The Gap?

The project provides targeted and intensive support for young people in Suffolk who are unemployed or economically inactive, who face significant challenges/barriers to accessing employment and are currently/or at risk of social isolation, to gain and sustain employment and education.

Who can take part?

Young people with complex needs who are most distant from the job market and experiencing multiple barriers to accessing services and employment related support. This includes:

- socially isolated
- homeless
- LGBT
- disability
- rurally isolated and deprived
- English as a Second Language
- Special Educational Needs
- Aged 15 to 18 NEET or at risk of being NEET
- Aged 19 to 24 Economically inactive or unemployed
- single parents
- travellers
- women
- low qualifications
- substance misusers
- BAME
- offenders
- mental/physical health needs
- low qualifications
- Aged 15 to 18 NEET or at risk of being NEET
- Aged 19 to 24 Economically inactive or unemployed

How do I find out more?

If you think you are eligible for support, know someone who could be, or would just like some more information, please contact the Minding The Gap project:

01473 345352
mindingthegap@communityactionsuffolk.org.uk
www.mindingthegap.org.uk