

**16-25 AND LOOKING
FOR YOUR NEXT
OPPORTUNITY? JOIN
SPRINGBOARD!**

**JUST THREE DAYS A
WEEK FOR 7 WEEKS WITH
ONE-TO-ONE SUPPORT TO SMASH
THROUGH BARRIERS AND GET YOU
INTO WORK, EDUCATION,
OR TRAINING. WE'LL SUPPORT
YOU TO ACHIEVE YOUR GOALS!**

Get qualifications
Emergency First Aid
Scottish Mental Health First Aid
Food Hygiene
Saltire Award
**Work placements with Edinburgh Furniture
Initiative**

**We'll provide
lunch and help
you with
transport!**

**3-day getaway with
Venture Trust!**
You could be ziplining,
rock climbing, or kayaking
your way to a more
confident you.

The next course starts 31st January - 16th March

INTERESTED?

Call or text Coleman on 07873638152 | Email: springboard@foursquare.org.uk

Sessions will take part at Four Square, 454 Gorgie Road, Edinburgh, EH11 2RN