

# Choose your next step

## The Prince's Trust

At the Princes Trust, we believe every young person should have the chance to succeed. We help young people transform their lives by giving them the skills and confidence to live, earn and learn.

We support young people age 11 - 30 with a range of programmes for young people who are not in full time employment or training - plus specific programmes in schools.

Our programmes are free and do not affect your benefits.

### For further information:

Visit: [www.princes-trust.org.uk](http://www.princes-trust.org.uk)

Call 0800 842 842

Follow: [www.facebook.com/PrincesTrustEssex](https://www.facebook.com/PrincesTrustEssex)

### Contact the Essex team:

[Chloe Shortall](#) - Mid Essex  
[Claire Burgess](#) - Southend  
[Janet Craven](#) - Basildon, Thurrock  
[Richard Bertram](#) - Colchester, Tendring  
[Ingrid Bennett](#) - Colchester, Tendring  
[Chris Laing](#) - Harlow, West Essex  
[Lynn Worrall](#) - Schools and Team partnership lead  
[Jenny Ball](#) - Essex wide

## Team Programme - Southend, Basildon, Thurrock, Tendring

Age 16 - 25 and not in employment or education?

Team is a 12 week personal development programme that involves work experience, community project, residential and qualifications. Perfect for building skills and confidence! Upcoming Team programmes will be taking place in:

**Southend** - contact: Faye - [f.lambert@southendunited-cet.co.uk](mailto:f.lambert@southendunited-cet.co.uk)

**Basildon** - contact: Mat - [mathew.doe@seevic-college.ac.uk](mailto:mathew.doe@seevic-college.ac.uk)

**Thurrock** - contact: Tom - [tflynn@thurrock.gov.uk](mailto:tflynn@thurrock.gov.uk)

**Colchester** - contact: Sharon - [SharonM@inspiresuffolk.org.uk](mailto:SharonM@inspiresuffolk.org.uk)

## Get Started with Childcare - Basildon - South Essex College

Age 16 - 25 and not in full time employment or education? One week course to gain Level 1 Award in Childcare, First Aid and learn skills to care for and teach young children.

Taster Day: 13th March  
Programme: 18th to 22nd March

### Future Get Started Programmes:

Get Started with the Emergency Services (Firebreak) - Southend - May  
With Essex Fire and Rescue Service.

For either course, call Claire on 07984 005934 or via email @ [Claire.Burgess2@princes-trust.org.uk](mailto:Claire.Burgess2@princes-trust.org.uk)

### Development Awards:

Small **cash awards** to help young people who are struggling to access an education, work or training opportunity due to lack of funds.

To find out more - please get in touch with the team member for your area - see left hand panel.



To join a course or find out more:

Search 'Prince's Trust'

Text 'Call me' to 07983 385 418

Call for free on 0800 842 842



Standard network charges apply for text messages.



Prince's Trust

Inspiring young lives

# Choose your next step

Want to find out how The Prince's Trust could help you? If you are age 16 to 30 and not in full time employment or education – check out our free programmes below and get in touch!

## Get to know us - Drop ins

Interested in finding out about our local programmes, small cash grants, mentoring or our Prince's Trust Online support?

Come along to our drop in sessions and find out how we can help you. come and get to know us!

No booking necessary - just call in for an informal one-to-one chat.

### Colchester JCP

Thursday 21st March - AM - ask for Richard

### Basildon Advice Store, Town Square:

Wed 13th, Thurs 21st, Wed 27th March.

### Prince's Trust Online :

Access to online Employability or Self-Employment support wherever you are!  
Includes the opportunity to access support from a mentor.

[Click here](#) to find out more and to sign up!

## Explore Enterprise Programme - Basildon

Got a business idea? Age 18 - 30 and not in full time employment or education? Find out if self-employment is for you! A two day course with access to business mentoring and financial support.

Basildon - Info Session Tuesday 19th March - Advice Store, Town Square  
**Contact: Ingrid - [Ingrid.Bennett@princes-trust.org.uk](mailto:Ingrid.Bennett@princes-trust.org.uk) or 07903 875845**

## Get into Healthcare - Chelmsford, Braintree, Brentwood - March

Looking for a career in healthcare? Age 18-30 and not in full time employment or education? Join our free 2 week programme to gain qualifications and work experience in healthcare! Delivered with South Essex College in Chelmsford.

Taster Day: 19th March. Programme: 25th March to 5th April.

**Contact: [Richard.Bertram@princes-trust.org.uk](mailto:Richard.Bertram@princes-trust.org.uk) or call 07919 352491**

## Get into Healthcare - South Essex - April

Looking for a career in healthcare? Age 18-30 and not in full time employment or education? Join our free 4 week programme to gain qualifications and work experience in healthcare! Delivered with South Essex College.

Taster Day: 27th March. Programme: 23rd April to 17th May

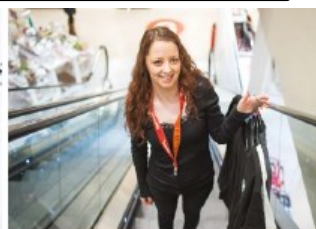
**Contact: [Janet.Craven@princes-trust.org.uk](mailto:Janet.Craven@princes-trust.org.uk) or 07768 905 602**

## Future Get into Programmes:

**Get into Lifeguarding** - Colchester - May

Contact: [Richard.Bertram@princes-trust.org.uk](mailto:Richard.Bertram@princes-trust.org.uk) or 07919 352491

All of our courses are completely free to join! If you're currently receiving welfare benefits then these payments will continue whilst you are attending one of our programmes, so you won't be out of pocket!



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