

PATHWAYS TO EMPLOYMENT

Partners of the project
are:
Together We CIC,
Football Fun Factory,
Well Whitehaven and
Cumberland Council.



Well Whitehaven



Through Sport and Physical Activity

Mission:

To deliver a coordinated multi-agency response that will open pathways to employment through sport and physical activity

Aims to improve:

- **Access to sporting, fitness and outdoor opportunities**
- **Physical and Mental Wellbeing**
- **Access to education, training and employment opportunities**
- **Understanding and appreciation of natural environment**
- **Links to sustainable wellbeing opportunities within their own communities.**

Providing health and wellbeing activities, whilst offering the additional opportunity to explore employment within the sport, and physical activity sector.

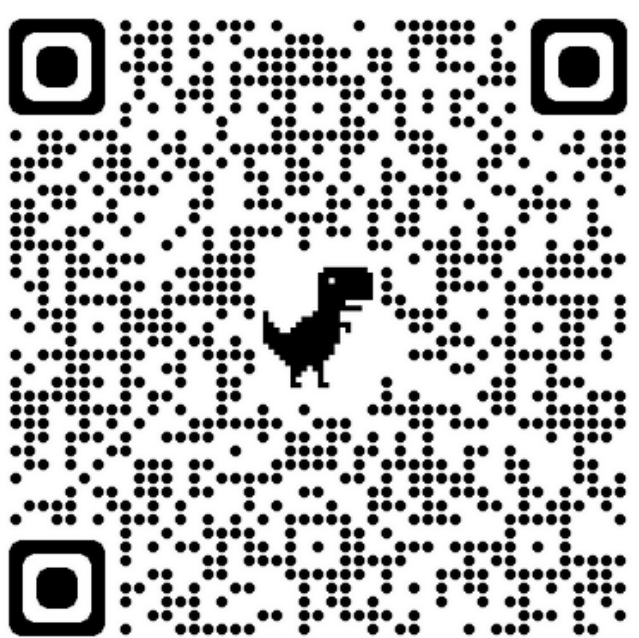
Partner's will work together to deliver a 12-week programme of sport and physical activity mixed with individual relationship counselling to:

- Increase physical and mental health
- Develop interpersonal skills
- Develop leadership/coaching skills .
- Access specialist employment support

Scan here to enrol!

or visit

www.togetherwe.uk/fitness



**Starting Friday 8th September
@ Mirehouse St Benedicts RUFC
CA28 9SH, at 10:30 am**

For further information, please contact Sam on

07923 222 921

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