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# WIDE HORIZONS

CONNECT WITH YOUR COMMUNITY

STARTING OCTOBER 2024 | FORRES, MORAY

- Visit businesses that are making a positive change in their communities and discover how you can get involved
- Discover your own strengths and skills with experienced mentors
- Gain increased confidence through practical mentor led sessions
- Learn more about yourself and others

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# WIDE HORIZONS

MAKE A DIFFERENCE IN YOUR COMMUNITY

**Wide Horizons** is a flexible programme for young people aged 16-24 who want to improve their mental health and wellbeing through making a difference and giving back to the community.

This programme will challenge you to think differently about yourself and your place in your community. You will **build confidence** in working with others, **visit social enterprises** (businesses that are changing the world for the better) and be **supported by an experienced mentor**.

## DURING THIS PROGRAMME YOU WILL:



**SPEND 4 DAYS DEVELOPING PRACTICAL SKILLS @REBOOT**



**HANDS ON VISITS TO BUSINESSES THAT ARE CREATING POSITIVE CHANGE**



**GET A TASTE OF VOLUNTEERING IN YOUR AREA**



**ACCESS MENTORING TO HELP YOU WITH YOUR NEXT STEPS**



Scottish Government  
Riaghaltas na h-Alba  
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## PROGRAMME DETAILS

**Dates:** Monday 28 October 24  
Monday 4 November 24  
Week of 11 November tbc  
Monday 18 November  
Week of 25 November tbc  
Monday 2 December 24

**Location:** ReBoot, Forres, Moray

**Time:** 10:00am - 3pm

**Cost:** Fully funded by TSi Moray Wellbeing Hub

## WHO IS IT FOR?

Young people aged between 16-24 who are based in Moray and experiencing a decrease in mental health and wellbeing, may be experiencing social isolation or a reduction in self-confidence. Connect with others in your community and experience a positive and inclusive workplace.

## MORE INFORMATION

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**SCAN HERE TO REGISTER INTEREST**

