



LINKLIVING'S MOVING ON UP

LinkLiving are launching a new programme for 16-19 year olds, living in Falkirk and Fife.

Moving On Up is a two-tiered programme which offers tailored support covering mental health and resilience, and skills for life over a period of up to 52 weeks.

The aim of Moving On Up is to provide a trauma-informed approach supporting young people to learn new skills, build confidence, develop their resilience and realise their goals and aspirations for the future.

The programme will be achieved through group work, peer support and ongoing 1-2-1 sessions, which include:

- Activities running 5-days a week in Falkirk and Fife
- Support for parents
- Mental health & resilience workshops
- A range of SCQF programmes
- Weekly focus groups

Moving On Up participants will have a dedicated project worker and LinkLiving will cover all refreshments and travel costs.

For further information or to arrange an initial meeting with one of our support workers please contact Link Academy reception on 01324 466 860 or email lareception@linkgroup.org.uk.

