



Prince's Trust

# START SOMETHING



## ARE YOU 18 - 30?

### Get Started in Health and Social Care

If you're unemployed, or not working/studying for more than 16 hours per week then The Prince's Trust Get Started Programme could be the right option for you!

#### What can you expect?

Get Started is a three-day virtual programme designed to help you learn about Health and Social Care and get the chance to speak to employers with live vacancies. This programme is focused at young people who are interested in working within an independent care setting! We offer a range of both part time and full time roles including evenings and weekends.

#### Eligibility to join our programmes?

- You must be between the age of 18-30
- Must be willing to learn new skills
- Not in employment or education for longer than 16 hours
- Must be a flexible and adaptable individual

## How will it help?

Not only will it boost your confidence and skills, but you will also have the chance to benefit from the support of one of our Prince's Trust Youth Development Leads or one of our mentors to help you uncover your next steps.

- Recognise skills for working in Health and Social Care
- Learn about values based recruitment.
- Boost your confidence and communication skills
- Taking part will not affect your benefits.
- Receive up to six months support after the programme has finished
- Online/Virtual interviews for live vacancies

## MYNDUP

- The Prince's Trust in partnership with MYNDUP also offers free virtual mental health training sessions.
- You can book session for therapy, counselling, life coaching, career coaching, meditation and mindfulness
- There are many features such as secured online rooms, vetted practitioners as well as educational content
- Ask a PT staff member for your free code to use at checkout to redeem your free weekly sessions

## Find out more

If you are interested we'd love to hear from you.

Get in touch at [hscwestmidlands@princes-trust.org.uk](mailto:hscwestmidlands@princes-trust.org.uk) leaving your name and contact number.



Prince's Trust

**GET  
STARTED**