



INDUSTRY: 3RD SECTOR

PROGRAMME: STEPS TO RESILIENCE

ACTIVITY: 10 WEEK PROGRAMME

ORGANISATION: LINKLIVING

SCHOOLS: FALKIRK SECONDARY SCHOOLS

# STEPS TO RESILIENCE

## HOPE, CONFIDENCE & SKILLS



Pupils who found themselves with additional barriers to engaging in mainstream education successfully completed a tailored 10 week programme with LinkLiving and are now working towards a more positive outcome in life with increased confidence and skills.

Working alongside the dedicated team at LinkLiving Falkirk, pupils completed over 40 sessions aimed at building resilience and improving their physical and mental well being. They took part in activities focusing on nutrition and exercise, confidence building, self defence, stress management, problem solving and team building. By the end of the 10 weeks the impact on the young people was amazing.

Due to the positive impact this inaugural programme has had on the young people who took part, Young Start has awarded funding to ensure pupils from age 14 to 16 can continue to benefit from this engagement until 2022 and we are delighted that this programme is being offered to the young people of Falkirk in 2019.



Without this service and fantastic staff my son's outcome might not have been a positive one. He has enjoyed attending every week and it has given him the confidence that he needed.

**Parent of a pupil who attended**



A great opportunity for pupils that are disengaged in education, it has re-engaged my pupil and has given her a new outlook into what she is capable of achieving and a vision of what she wants to achieve. Her self belief has increased and she is more confident to put herself out with her comfort zone to achieve success

**Teacher of a pupil who attended**



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Developing the  
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