

FOCUS
INSPIRING YOUNG PEOPLE, CREATING CHANGE

INSPIRE

A YEAR-LONG PERSONAL DEVELOPMENT PROJECT
FOR YOUNG PEOPLE



INSPIRE

The Inspire Project is a year-long personal development project for young people. It includes:

- A week-long residential experience**, involving outdoor adventure activities, film-making, team-building and much more
- Interactive workshops**, focusing on issues raised by young people, such as leadership, mental health, or managing relationships
- Community projects**, addressing important issues, such as homelessness, community development, or bullying
- Mentoring support** from our trained volunteers, focussing on the specific needs and interests of each young person
- A final celebration event** to highlight the achievements of young people throughout the year

What's in it for young people?

- New and improved skills** – including communication, problem-solving, working in teams, develop leadership, project planning and managing activities
- Greater self-confidence** – use the skills you develop in other areas of your life and feel confident that you can succeed
- Raised aspirations** – you'll have a chance to think about what you want to achieve in life and how you can reach your goals
- New friends** – you'll meet around 30 other young people, work with them, support them and spend time chilling with them
- A load of fun** – we try to ensure that all the activities we run in the project are fun. We've tested them out with other young people and we are always looking for new ways to improve them
- And it's free!!** – the Inspire Project is fully funded by the Big Lottery Fund. So, it won't cost you a penny to take part.

About Focus

FOCUS is a young people's organisation based in Leicester. Founded by two students in 1988, we have supported over 19,000 young people. Our philosophy is simple; we believe that through volunteering and community activity, young people can develop the skills and attributes that they need to be successful in their lives. Our projects, programmes and activities can be powerful and potentially life-changing experiences for young people.

To find out more:

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