

# Get Up & Go!

Do you want to improve your mental health and life skills? If so, our Get Up & Go course equips you with the knowledge and practical skills to help you Get Up & Go!

**16-24 Year Olds  
Living in Durham**

**New for  
2022!**

If you're 16-24 and out of work, education or training our Get Up & Go will give you the skills and confidence to kickstart your career! Get Up & Go is an 8 week course, attending 2 days a week, lunch and travel are included, plus you'll get a free week away residential and a celebration event awarding your achievements!

**Team Building Days at Hetton Lyons Country Park - kayaking, rowing, raft building, canoeing**

**Healthy Body & Healthy Mind - Understanding the benefits of exercise on mental health**

**Hair and Beauty - Understanding importance of good hygiene**

**Healthy Eating - Improve basic cooking skills to support independent living**

**Construction - Basic DIY skills to supporting independent living & boost confidence**

**Motor Vehicles - Basic car and bike maintenance**

**Residential at Allenheads Lodge**

**Celebration Event**

**Start Date: 04/07/2022**

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