

The second Dame Kelly Holmes 'Get on Track' programme in Bristol, was organised and run by The West of England Sport Trust (Wesport) and 2<sup>nd</sup> Chance Project who worked closely with Rehab Jobfit in order to provide opportunities for young people 16 – 25 Not in Education, Employment or Training.

***“Before this course Kirstie was very quiet and slightly withdrawn. Although she engaged, she tended to be a little monosyllabic. Her confidence was clearly quite low.”***

By targeting a key referral partner for the programme we hoped to reach more young people who would benefit from the Dame Kelly Holmes 'Get on Track' programme. This is a personal and social development programme that uniquely uses sport and physical activity as an engagement tool with world – class athletes as mentors. The five week programmes aim is to improve the young people's communication, team work, confidence, health and well – being through numerous activities including a community challenge.

Kirstie attended an information session about the 'Get on Track' programme at the Salvation Army, she was subsequently invited to a recruitment session and went onto join the programme. Her journey has not stopped there, she is now training to become a sports coach. Kirstie's job coach has noticed the following positive change:

***“Since participating in the course she has become far more outgoing and there is an air of excitement about her which was certainly not present previously. She can clearly see avenues which could now be open to her and is excited at the prospect of obtaining an apprenticeship!”***

Throughout the programme Kirstie's participation in sport and physical activity increased, she gained an Emergency First Aid at work certificate and made friends.



## Case Study: Kirstie P2

Fast forward 12 months at the final 'Keep in Touch' session to confirm Kirstie is in full time employment with a local leisure provider at a local leisure centre. After participating in a work placement and working hard to pass her lifeguarding certificates, Kirstie is now in full time employment.



Kirstie attributes her time invested in the 'Get on Track' programme as the spark that ignited her drive to gain full time employment. After finishing her traineeship with 2<sup>nd</sup> Chance and confirming her work placement she worked tirelessly to achieve her ultimate goal. Keeping fit and healthy through this time was essential for Kirstie as she had to work physically hard in order to pass her lifeguard training. Kirstie said:

***"The course made me more focussed on what I want to become and helped me gain more confidence!"***

