

# GET ON TRACK

Get on Track uses sport and physical activity to help you gain the skills, confidence, and opportunities to get a job, go to college or take on an apprenticeship.

Don't worry if you're not sporty, there will be plenty of activities for everyone! If you are aged between 16 and 25, then the Get on Track programme is for you.

Get on Track provides you with the self-discipline, motivation and confidence you need to enhance your chances of employment.

You will be mentored by **world class athletes**, who have experienced the highs and lows of world class competition.

## 'Get on Track' will include...

Sport  
Leaders UK  
Qualification

First Aid  
Qualification

CV &  
Interview  
Skills

Work  
Taster

Confidence  
Building  
Activities

The whole Get on Track programme has been amazing. It's improved my confidence so much and given me experience of working as a team which I didn't have before.

Jamie Brooks, 22



**Recruitment Days:**  
**Cheetham Hill Jobcentre:**  
12/09/2014 @ 10am, 11am & 12pm  
**Newton Heath Jobcentre**  
12/09/2014 @ 1pm, 2pm & 3pm  
**Factory Youth Zone**  
16/09/2014 – 10am – 3pm Dropin

### CONTACT INFORMATION

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