

**POSITIVE REALITIES**

CHARITY NO. SC046016

# CHANGE MAKERS OF EAST LOTHIAN **MUSSELBURGH**

ARE YOU BETWEEN **18 AND 25?**

DO YOU WANT TO:

- DEVELOP NEW SKILLS?
- IMPROVE YOUR RESILIENCE?
- CREATE CHANGE IN YOUR COMMUNITY?
- IMPROVE YOUR EMPLOYMENT OPPORTUNITIES?

**BECOME A CHANGEMAKER!**

JOIN OUR COMMUNITY, RECEIVE TRAINING, OBTAIN PRACTICAL SKILLS AND BOOST YOUR CONFIDENCE.

**CHANGEMAKER  
COURSE:**  
10 - 14 Dec 2018

**JOBCENTRE PLUS**  
Eskmills Park, Station Road  
Musselburgh EH21 7DU

## INSPIRED?

GO TO: [WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN](http://WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN)

# CHANGEMAKER COURSE

**Working in partnership with Musselburgh Jobcentre Plus** to provide a step towards a brighter future, spending 5 days developing your communication, resilience and teamwork skills, improving your job prospects, and learning about yourself. The Changemaker Course opens a new way of thinking, with new possibilities, and a new way to engage with your community. You will develop your personal and social skills, and work as part of a small team to make a difference to your community.

The CHANGEMAKER COURSE is a safe space for people keen to learn new skills and make a positive change in their lives and their communities. Completion of the course and community project will earn you a certificate and give you a great addition to your CV.

## DURING THE COURSE YOU WILL:

- Recognise your strengths and learn new skills
- Gain project management experience
- Find new ways to improve resilience
- Brainstorm ideas to give something back to your community
- Access and develop resources to improve resilience
- Build confidence and improve your employment prospects

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# CHANGEMAKER COURSE

## PROGRAMME

### PART I

#### **PERSONAL DEVELOPMENT**

##### **Changemaker skills**

- Communication
- Empathy & Mindfulness
- Creativity
- My values and strengths
- Self-motivation

### PART II

#### **COMMUNITY PROJECT MANAGEMENT**

##### **HOW to change the world**

- Teamwork & Leadership
- Visioning and project creation
- Project planning
- Presenting your projects and achievements at interviews
- Accessing resources

## IMPORTANT INFORMATION

- Full attendance in the 5 day course is required.

**DATES: 10 – 14 December 2018.**

**Time 10.00 to 16.00 including lunch break.**

- The group will consist of 8-16 people.
- Food and accommodation are not provided. Please bring your own lunch with you.
- If needed we will cover your travel expenses, such as second class ticket/car use.

- The course will take place at:

**JOBCENTRE PLUS**

**Eskmills Park, Station Road**

**Musselburgh EH21 7DU**

- **Application deadline: Thursday, December 06, 2018**

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# WHAT'S NEXT?

If you want, you can become part of the Changemakers of East Lothian community, which will meet **fortnightly on Tuesdays 6–8 pm in Musselburgh.**

The Changemakers of East Lothian community is part of an international movement aiming to change the world! Together we can help you create and pursue your own goals, and develop community projects to improve people's lives in East Lothian. Giving you the confidence to take on new challenges, and helping unlock your potential!

Your new confidence and skills will improve your job and education prospects.

# TAKE PART IN THE CHANGEMAKER COURSE!

Fill the form at

<https://www.positiverealities.org/youth-groups-in-el>

**Application deadline: Thursday, December 06, 2018.**

After filling in the form we will contact you and confirm your place at the course.

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# ABOUT

## POSITIVE REALITIES

Positive Realities is a charity offering opportunities for young people to achieve a positive transition into adulthood. In East Lothian we set up and run Youth Groups (for those aged 14-25) and we deliver presentations and workshops for young people (12-25), their families and professionals supporting their wellbeing.

## FUNDING NHS HIF

Our youth groups are part of the project "Building Youth Resilience in East Lothian". It is a three-year project being led by Positive Realities with financial support from the NHS Lothian Health Improvement Fund. It began on 1 April 2018. We intend to build on this funding to develop our services in East Lothian.

# CONTACT



We strongly believe that creating positive social change is a team-sport. We are open to your suggestions, ideas and input. Let's get in touch!

**MARCIN JOHN**

East Lothian Development Worker

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CHARITY NO. SC046016

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## INTERESTED?

GO TO: [WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN](http://WWW.POSITIVEREALITIES.ORG/EASTLOTHIAN)