

The Young Potentials Programme

Are you aged 14-24 and looking for a fun challenge with lots of sport/physical activities and opportunities to improve your life skills and build your CV and emotional wellbeing?



Activities include:

- Climbing
- Archery
- Nutrition advice
- Managing finances
- Interview skills
- Cooking lessons
- **FREE** residential opportunity

and MANY MORE!!

Whitehaven Harbour Youth
Whitehaven

CUMBRIA YOUTH ALLIANCE
The network of voluntary organisations working with and for Cumbria's YOUNG PEOPLE

Every Tuesday, Wednesday and Thursday
10am-3pm, 12th June – 19th July
Free lunch provided
Transport costs met

To book a place or find out more information. Please email Russell
russell@cya.org.uk or call the office on 01900 603131