



Registered Charity No: SC050063



PROJECT U

**A 14 WEEK TRANSITION
PROGRAMME FOR YOUNG
PEOPLE (16-25)**

Project U is a new pilot programme run by Nourish Support Centre, designed to help young people build confidence, independence, and the skills they need to take positive steps toward their future.

Many young people in Fife leave school without a clear destination especially those with additional needs. Project U offers structured, practical support to help them explore opportunities, grow their independence, and work towards their personal goals.



Who is it for?

- Young people aged 16–25
- Those who would benefit from extra support with independence, confidence, and planning for the future
- Participants must attend with a support worker, teacher, parent, or carer



Why join the programme?

Sign up for Project U and gain the skills, confidence and support you need to take your next steps into adulthood with clarity and self-belief.

CALL US FOR MORE INFORMATION:



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Fife Health & Social Care Partnership
Supporting the people of Fife together

Over the past few years there has been a significant increase in Fife secondary school pupils requiring additional support. The number is now approaching 50%. Not all pupils have a positive destination when they leave school or college. This is more the case for pupils who have an additional need.

Nourish has identified pupils who have an additional need may need more support to explore what a positive destination means for them alongside equipping them with independent living skills.

Nourish has designed a pilot project which will be delivered over a 14-week programme for approx. 6 to 8 young people between the ages of 16 and 25. Each session will last 2 hours.

The aim of the programme is to support young adults in order to explore opportunities that will enable them to fulfil their goals. The programme is designed to build resilience, increase independence, confidence and self-esteem.

Referrals will be expected to come from education, social work, parents/carers and community organisations & charities.

All participants will be required to be accompanied by a support worker, teacher, parent or carer.

Programme Overview

Self-Care (1 week) - Learn the importance of personal hygiene and grooming through practical and theory-based activities.

Cooking Skills (3 weeks) - Build confidence in the kitchen with basic food prep, simple recipes (snacks, soup, toasties), and safe use of equipment.

Domestic Care (2 weeks) - Develop everyday living skills including hoovering, cleaning, ironing and changing a duvet cover etc.

Budgeting Skills (2 weeks) - Understand how to manage a household budget and make money go further.

Volunteering & Work Skills (2 weeks) - Explore careers, build a CV, practise mock interviews and learn about job opportunities.

IT Literacy Skills (2 weeks) - Boost confidence using digital tools, apps and basic online skills in a supportive setting.

Social Activities (1 week) - Community connections

We'll deliver the programme alongside professional partners, working with the right services for each topic to give young people the best support.

What Happens in a Session

1

Settle In

Arrive, meet the team, and get comfy, chat, relax or have quiet time.

2

Join the Activity

Take part in a fun group activity, learn something new, or try a creative task at your own pace.

3

Wrap Up & Head Home

Quick round-up of the session, ask any questions, then head home when you're ready.