**What is Fresh Start?**

Fresh Start is a vocational and personal development programme based in Navan in Co. Meath. The programme was developed to meet the needs of people who may need extra support in transitioning between being at home, out of work or not fitting in to the traditional school system to progressing to further education, part time or full time employment.

Over the last number of years we are seeing a significant increase in anxiety exacerbated by isolation and lack of social interaction. We have redeveloped the Fresh Start Hybrid programme in 2018 to cater for people who may need this type of programme.

This innovative, integrated project based programme has been designed to focus on each learner’s individual strengths, building their knowledge, skills and experience in order to prepare them for a progressive, fast moving work environment or to move on to further education and training.

Using a range of different practical based projects like Soup / Smoothie making, Garden Planning, Upcycling old furniture, organising trips away to name but a few, learners will develop the skills they need in a fun and cooperative environment that will lead them to achieving a full Level 3 Major Award in Employability Skills.

Certified Modules include:

1. Application of Numbers
2. Word Processing
3. Internet Skills
4. Personal Effectiveness
5. Work Experience
6. Communication Skills
7. Garden Planning

**Who is Fresh Start for?**

People who may benefit from the Fresh Start programme would be those who may have experienced a setback due to an accident or an illness and who may need to re-evaluate their health or what direction they might be going in.

It is wonderful to see students progress and particularly in their own way as progression is different for each individual. In the current year’s group 12 people will achieve a major award opening up the opportunities for further education and employment.

**Details**

* 12 Months
* 12 People on Programme
* Mon - Fri (9am-3.15pm) Flexible
* Location is Kennedy House, Kennedy Road, Navan, Co. Meath
* QQI Level 3 Employability Skills Award
* Social Welfare payment is not effected
* Starts in October

**How do I apply to Fresh Start?**

People can make direct contact with us if they feel the programme might be a right fit for them. Details are below. We also get referrals from GPs, Counsellors, Social Workers, Department of Social Protection, Occupational Therapists, and Mental Health Services.

**Application Process**

1. Contact Lisa or Helen to get forms. Phone 0469023624/0469021975 or Email [lisa.lenihan@nln.ie](mailto:lisa.lenihan@nln.ie) or [helen.mallon@nln.ie](mailto:helen.mallon@nln.ie)
2. Complete Application Form (completed by Applicant)
3. Complete Health Report (completed by GP or Health Professional)
4. Forward forms to Facilitator (details above)
5. Facilitator will call Applicant to arrange a casual meeting.