

# SPRINGBOARD

YOUR NEXT STEP STARTS HERE

## What is Springboard?

A free programme to help you feel more confident, learn new skills, and take steps toward work, college or volunteering.

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## Who is it for?

Anyone aged 16–25 living in Edinburgh. You don't need to have used our services to join.

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## What support do I get?

You'll get your own support worker to help with goals, job searching, and more – for up to 1 year.

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## Real 1-to-1 Support

We'll work with you at your pace. You set the goals – we support you to reach them.

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## What could it help with?

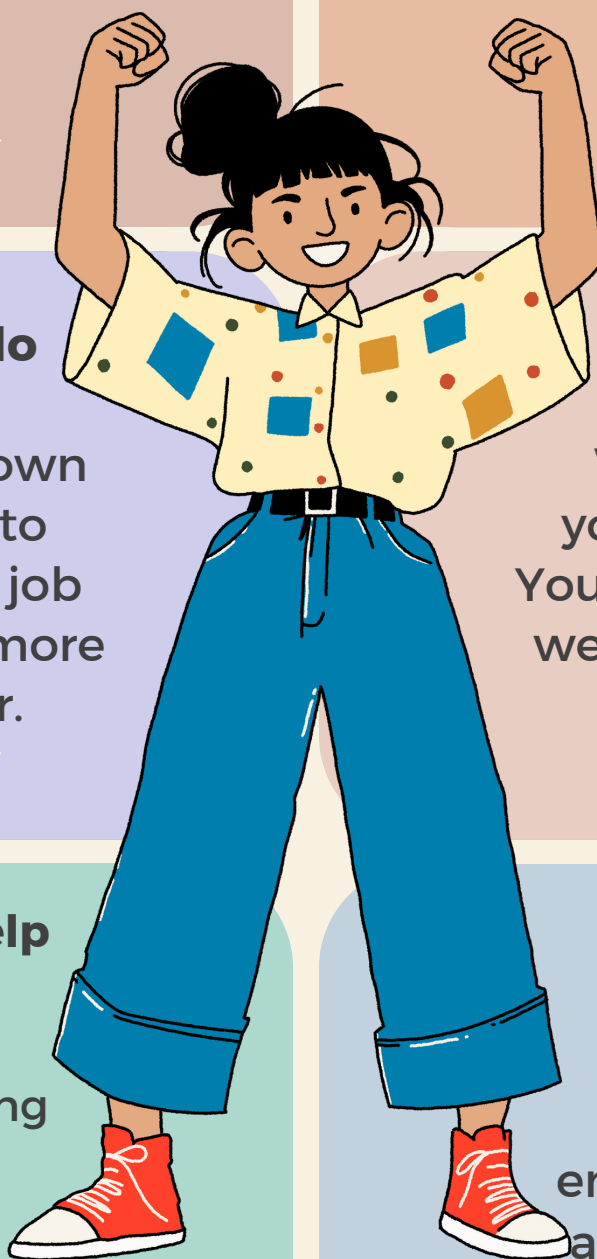
Job or college applications, trying volunteering, CV writing, building confidence gaining qualifications.

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## Where do I start?

Just drop us a message or email – it's quick and easy to chat about what you need.

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## Been through a lot?

That's okay. We understand. Many people we support have been through tough times too — we've got your back.

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## It's your journey

Whether it's work, college or just feeling better in yourself — we're here to help you take the next step.

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## Stay connected

We'll stay in touch regularly — and we'll make it work around your life.

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## Not sure what you want yet?

No pressure — we'll help you figure it out, together.

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## Tried other services?

This one's different — it's all about you. No group sessions, no box-ticking. Just real support.

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## Contact us

Let's talk and see what's possible

email  
Greig Stephen  
[greigs@foursquare.org.uk](mailto:greigs@foursquare.org.uk)

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