

BRIDGE to Independence Project



Are you...

- Diagnosed with an **Autistic Spectrum Condition or ADHD?**
- Age **16-25 years old?**
- Living in the **Bexley borough?**
- Looking for help and support to find **employment, training or work experience?**

Advocacy for All, Danson Youth Trust and Active Horizons are working in partnership to provide a new service.



- **1 to 1 advocacy and groups**
- **Free courses** in confidence and communication, making choices, preparing for work, coping with travel and change, being in the workplace.
- **Taster course** will run at **Danson Youth Centre** on **Tuesday evenings** starting in November
- **For more information**, call 0345 310 1812 or email info@advocacyforall.org.uk



Danson Youth Trust

- **1 to 1 support.** Our new weekly project will help you gain the skills needed to guide you in the right direction.
- **At: Danson Youth Centre**, Brampton Road, Bexleyheath, Kent DA7 4EZ
- **On: Thursdays 7pm-9pm**
- **For more information**, please call 020 8303 6052 and ask for Ben Watt. Or email: dansonyc@btconnect.com



- Working with young people from **BME, migrant and refugee communities.** We are based in Erith.
- We offer: **independent living skills activities:** arts and creativity, cooking, budgeting, communication, time management, interview skills, writing CV's, leadership skills, making decisions
- **Buddying scheme:** mentoring and befriending support
- For more information, please call 07484 705065
- Email: info@activehorizons.org.uk