

SPORTING CHANCE

LinkLiving and Falkirk Foundation are offering a **13-week** programme for young people aged **16-25** in Falkirk. The programme brings young people from different backgrounds and cultures together through community sports-based activities, helping them build positive connections and a stronger sense of belonging. Through physical activity and personal development sessions, participants will strengthen their wellbeing, build resilience, and grow in confidence.

16 - 25
YEARS
OLD



2 DAYS A
WEEK FOR
13 WEEKS



PROGRAMME AIMS:

- Recognise and manage challenges
- Boost confidence and self-esteem
- Develop tools to better manage their well-being
- Improve mindset and Physical Fitness

PROGRAMME INCLUDES:

- Wellbeing workshops
- Interactive teambuilding and leadership sessions
- Physical activity sessions with Falkirk Foundation
- One-to-one support
- Volunteering opportunities

In partnership with:



To find out more, contact Link
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