

**REAL
IDEAS**



Yep!

Yep! #YouCan

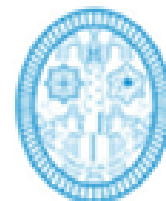
Building confidence, resilience and competence of Young People



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**REAL
IDEAS** **Yep!**

Real Ideas offers 121 support and group sessions to support young people 18-24 with career and skills exploration as well as sector exploration and accessing opportunities.

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121 SUPPORT

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We offer 121 progression support to help young people into work, training and education. People's individual journeys are always different so participants can explore a range of activities, sessions and experiences that are unique to them. Participants will get 121 support from a navigator, supporting them to explore opportunities and develop their progression plans.

Explore Different Sectors

Confidence Building

Skills Development

Action Planning

Progression Support

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REAL IDEAS

Health & Wellbeing

- Health & Nutrition Session
- Cooking + Shopping on a Budget
- VR Wellbeing
- VR Travelling Realities

Personal Development

- Ikigai and Skills Tagging
- My Future CV Session
- Progression Toolkit Session
- Job Roles and Transferable Skills
- Employability Sessions
- Job Search & Interview Skills

Yep!

21st Century Skills

- Getting Stuff Done Session
- Finding Stuff Out Session
- Communication and Networking
- Thinking Differently with Immersive VR
- Social Media and Digital Footprints

REAL IDEAS Yep!

Food and Hospitality

- Food Hygiene Level 2 - Accredited Qualification
- Allergen Awareness
- Customer Service Training - General & Hospitality
- Exploring Food & Hospitality - Industry, Roles and Skills
- Outdoor Cooking

Enterprise and Business

- Problem Solving and Business Challenges
- Build a Business Session - Day
- Business Creation Challenge - 1 Hour
- Explore Enterprise Session

REAL IDEAS

REALITY SERIES

Yep!



Travelling Realities

- Build confidence with travelling on public transport
- Use VR and other tools to plan and explore travel
- Explore how to get around on transport
- Support to make journeys together
- Reduce travel anxiety and support your exploration

We support young people to build confidence and promote independence by using VR headsets and gaming in a fun, comfortable environment to support independent travel on public transport and also support people with exploring and progressing with their driving theory test.



Driving Realities

- Support with funding driving provisional and theory test
- Fun and comfortable environment
- Learn by using the latest VR headsets and PS5 console
- Small group sessions of driving theory content



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WORK EXPERIENCE & BOOTCAMPS



Work Experience

- Explore opportunities to build your work experience
- Opportunities at Liskeard Library
- Link with employers and organisations
- Challenge based learning

We support young people to develop confidence and enable opportunities to build their work experience. We work with organisations to host bootcamps where young people can gain valuable skills and insight into an industry or role and support to prepare them for the job role, application process and interview.



Bootcamps

- Attend skills bootcamps linked to an industry or skill
- Job application and interview preparation
- Develop the skills required for job roles
- Gain industry insight and expectations of job roles



VR - Taster Session

A short, light touch intro to VR, picking things up and throwing things in a virtual world, have a game of table tennis, get on a rollercoaster, go fishing or try a 360 short film experience.

VR - Immersive Creation

Explore Openbrush and experience creating art in VR, with a range of virtual creative tools to get your hands on and experiment with, as well as using a watercolour VR App.

VR - Immersive Decision Making

Tackle a range of virtual climbing challenges that will test your decision making, resilience and problem solving skills.

VR - Immersive Wellbeing

Experience wellbeing VR apps and games to promote positive mental health and wellbeing.

VR Immersive Problem Solving

Take on Cubism, a problem-solving VR game mixing 360 Tetris and a Rubix Cube.

VR - Thinking Differently with Immersive

Take on the VR plank, explore thinking in the real and virtual world and take on a set of plank challenges.





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Personal Development Sessions

IAG & Skills Wheel

Action Plan & Next Steps



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Tools, Planning & Exploration Sessions

Ikigai - Your Reason for Being
Progression Tool Kit
My Future CV
Skills and Job Role Exploration
Getting Things Done



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Employability Sessions

My Digital Skills Passport

CV Creation/Update

Interview Skills

Social Media and Digital Footprints

Opportunity Hack



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Skills Sessions

Communication & Networking

Business Challenges & Problem Solving

Introduction to Canva & Content Creation

Introduction to 360 Film Making

Explore Session

Yep!



REAL IDEAS

Yep!

VR Skills Sessions – 1 Hour Sessions

Introduction to VR

Resilience & Problem Solving

Immersive Wellbeing

Immersive Creative

Thinking Differently



**REAL
IDEAS**

Yep!



Reality Series - 2 Hours Sessions

Introduction to Driving Theory

Traveling with Confidence

Travelling Voices

Real Journeys



REAL IDEAS

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HOW TO REFER ?

- Online Referral Form
- Email : Yes@realideas.org
- Call 0330 2234158



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