



Peak Empowers Two Week

ONLINE INTERACTIVE SUMMER PROGRAMME

- DAILY ONLINE WORKOUTS
- ONLINE/LIVE CRAFT & GAMES SESSION
- LIVE COOKERY SESSIONS
- ONLINE GUIDE TO GROWING YOUR OWN HERBS & VEGETABLES
- SERIES OF LIVE TALKS RANGING FROM BUDGETING, EDUCATION, ENVIRONMENT AND POLITICS

How to apply?

- To apply you must be 12-16 years old and live in Northamptonshire.
- Your family has to be in receipt of Universal Credit or working tax credits with at least one parent in employment
- You must have access to the internet (we can loan Kindle Fires if needed)

To apply or to see full programme please email:

saffy@peak-empower.co.uk or lucy@peak-empower.co.uk

Equipment

Each participant will receive food packages for the two weeks, plus ingredients for the cookery sessions and all utensils. All gardening and craft equipment will also be provided. At the end of the course, all equipment is yours to keep.

Programme

Dates: 20th July – 31st July

Every day there will be a series of live zoom sessions for you to log into. They will include; sports session, either a craft making session or cookery session and a chat on a range of topics followed by a Q&A session.

Example:

- *10am: Live sports session (Zumba)*
- *1pm: Live online cooking lesson (dinner)*
- *3pm: Live chat and Q&A session*

For full programme please email us directly.

Q & A Sessions

SUBJECT TO CHANGE

Below are the list of sessions being held each day:

- Financial planning and budgeting
- Health and wellbeing
- How to write a good CV
- Writing a good job application
- Interview techniques and preparation
- Modern day media dangers and benefits for jobs
- The right choice for you: A levels/college/higher education
- Apprenticeship schemes
- Citizen engagement: from politics to volunteering
- Changing environment

Participating Organisations

