

# THE LOOKING FORWARD PROJECT

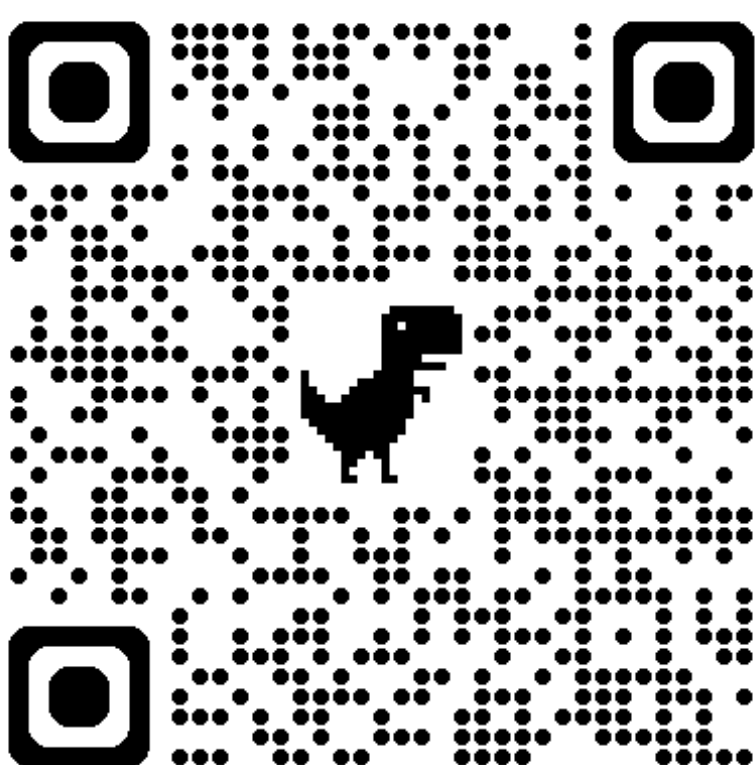


**PUBLIC HEALTH RESEARCH TESTING A NEW PROGRAMME TO HELP YOUNG WOMEN DEVELOP A HOPEFUL MINDSET, IDENTIFY GOALS, AND MAKE POSITIVE PLANS.**

Local authorities, charities, and primary care services who work with young women who meet the following criteria are invited to refer to this research project:

- 16 to 25 years
- Currently or recently NEET (for at least one month within the past year)
- Living in Sussex, Kent/Medway, or East Anglia

- Young women complete some assessments to check the project is right for them
- They are then randomly allocated to either receive the new programme with a community mentor to support them now, or otherwise they receive a copy of the programme in 12 months
- All young women complete follow-up assessments at 16 weeks and 12 months
- We offer shopping vouchers to say thank you
- Volunteer mentors have training and supervision for their role



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