



**DAME KELLY
HOLMES TRUST**



GET ON TRACK: Southport



Are you 16-25 and looking to try out new things? Our world class athlete mentors will help you unlock your potential.

Get on Track is a programme designed to improve your wellbeing, confidence and self-esteem, as well as bringing you closer to your local community.

Starting on: 18th November

I learnt from the activities a range of things such as motivation, confidence, team working and courage.

The programme has helped me accomplish simple daily things in my life, where I lacked motivation and confidence in the past, I now have the courage to make it right.

Remy, Get on Track



Find out more

When: Monday 4th November

Where: Southport Town Hall

Time: 11-12:30pm

For more info, Contact Active Sefton

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**active
sefton**



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