

Catch22 employability programmes:

Your snapshot guide

HORIZONS



OVERVIEW

Horizons empowers and helps people overcome social barriers to work and supports them into jobs and training. It is Catch 22's core employability programme and one of the first to address both unemployment and underemployment; where work is either low paid, unstable or without opportunities to progress.

WHO'S IT FOR?

Age: 16+

Location: London

Programme length: No limit plus 6 months in-work support

Employment status: Participants must face at least one barrier into work and be either unemployed OR underemployed.

WHAT DO PARTICIPANTS GET?

- Support from Career Coaches
- Group pre-employability support
- Volunteer-supported inspiration sessions
- A menu of technical training options
- In-work support

HOW DO I REFER?

Email: horizons@catch-22.org.uk with your details and one of our Employment Advisors will get back to you.

www.catch-22.org.uk/services/horizons

OVERVIEW

JETs is a programme designed to help participants with the practical skills needed to relaunch their career. The programme is extremely participant focussed with all sessions designed based on the needs of service users. There are workshops designed for parents, sector specific job clubs, mental health & wellbeing, insight to new Industries and self-employment session. JETS also offers a wide range of 1:1 support for participants that require specific support, we will conduct regular reviews including a 3 month check to ensure that all needs are met.

WHO'S IT FOR?

Age: 18+

Location: London

Programme length: 6 months of support

Employment status: Participants must have been unemployed for at least 13 weeks

WHAT DO PARTICIPANTS GET?

There are over 60 bespoke sessions for participants to choose from, including:

- Large group broadcasts (with insights into specific industries)
- Small interactive group sessions (to discuss with peers and share experiences)
- 1:1 sessions (including CV writing, mock interviews, IT support)

HOW DO I REFER?

Visit: Inquire within your local Job Centre in the Hertfordshire area.

DIGITAL EDGE



OVERVIEW

Digital Edge is a four-week pre-apprenticeship and employment training programme to support people from underserved communities to access a tech-enabled job or digital apprenticeship.

WHO'S IT FOR?

Age: 18-45

Location: London, Birmingham, Liverpool, Manchester

Programme length: 4 weeks plus 6 months in-work support

Employment status: Participants must not currently be in work or education and be facing at least one barrier to work. They should have a desire to work within the digital and technology industries.

WHAT DO PARTICIPANTS GET?

- An understanding of digital apprenticeships and entry-level IT jobs
- An insight into the digital and technology sector
- Awareness of key employability skills
- Learned how to complete a tailored CV, cover letter, and applications for the technology sector
- Developed their interview skills and techniques
- The ability to set future career goals

HOW DO I REFER?

Visit: [Catch22 Digital: Contact Form - Catch22](#) (catch-22.org.uk) and complete the short referral form

www.catch-22.org.uk/services/digital-edge

DIGITAL LEAP



OVERVIEW

Digital Leap is a pre-employability training programme that gives individuals facing barriers to work – whether due to gender, health status, or the fact that they're care leavers or single parents – a chance to gain valuable experience in digital careers

WHO'S IT FOR?

Age: 18-45

Location: London

Programme length: 4 weeks plus 6 months in-work support

Employment status: Participants must not currently be in work or education and be facing at least one barrier to work. They should have a desire to work within the digital and technology industries.

WHAT DO PARTICIPANTS GET?

- Support in creating a career plan with one-to-one support and online technical training
- Help to secure digital training and career opportunities
- Increased confidence and social capital through networking and events
- An awareness of the opportunities available through digital careers
- The programme also provides in-work support for both employers and employees

HOW DO I REFER?

Visit: [Catch22 Digital: Contact Form - Catch22](#) (catch-22.org.uk) and complete the short referral form

www.catch-22.org.uk/services/digital-leap

INSPIRING CONNECTIONS

OVERVIEW

Inspiring Connections is a personal development and network building programme for people to gain the opportunities, support, and momentum they need to take the next steps towards their career goals.

It works by bringing people with barriers to work, Inspiring Connections Candidates, together with Advocates; a range of professionals and business owners motivated to support others to find fulfilling work.

WHO'S IT FOR?

Age: No age limit

Location: Nationwide

Programme length: 6 two-hour sessions, held fortnightly

Employment status: You can join the programme as a Candidate if you are out of work, in work and looking to take steps towards a more fulfilling and sustainable career, or need support for a business concept that you aren't sure how to get started

WHAT DO PARTICIPANTS GET?

- Work with and learn from professionals and business owners who have achieved a high level of success in their fields.
- Participate in a range of sessions designed to identify your strengths, boost your confidence and help you choose a meaningful direction in your career.
- Develop a plan for your next steps and receive support from Advocates in achieving your career goals.

HOW DO I REFER?

Visit: www.catch-22.org.uk/about-inspiring-connections and complete the short referral form.

SOCIAL SWITCH



OVERVIEW

The Social Switch Project is a full-time training and work experience programme for young people. Training creative and motivated young people to manage social media and develop sustainable digital careers, this three-week programme includes mentoring and a unique placement for each trainee after their course.

With the support of national and international organisations each trainee will be supported to get sustainable work in the digital world.

WHO'S IT FOR?

Age: 16-25

Location: London

Programme length: 4 weeks plus 2 months of tailored one to one support

Employment status: Participants must not currently be in work or education and be facing at least one barrier to work. They should have a desire to work within the digital and technology industries

WHAT DO PARTICIPANTS GET?

- Build the confidence, skills, knowledge and experience to progress into a sustainable career in the digital industries.
- 1:1 tailored support to help secure employment

HOW DO I REFER?

Visit: [Apply for Social Switch Social Media Training](#) — The Social Switch Project and complete the short referral form

www.thesocialswitchproject.org.uk

FUTURE PATHWAYS



OVERVIEW

Future Pathways is an employability programme for young Londoners that supports them into sustained work, apprenticeships or education.

WHO'S IT FOR?

Age: 18-24

Location: Hillingdon, Harrow, Hammersmith and Fulham, Brent, Ealing, Hounslow and Barnet

Programme length: 12 months of support, plus 6 months in-work support

Employment status: Participants must be Not in Employment, Education or Training (NEET) and be:
Looked after or a care leaver

OR

Homeless or at risk of being homeless

OR

Fall into two or more of the following categories:

Be in debt (£1000+)

Be a young carer

Be involved in crime or substance misuse

Be a lone parent

WHAT DO PARTICIPANTS GET?

- Dedicated employment advisor for 12 months
- Tailored journey designed to overcome personal barriers
- Confidence and motivation building sessions
- CVs and cover letter preparation
- Job search and application coaching
- Funding to upskill
- Interview prep / mock interviews
- Interview clothing to keep
- Better off calculations
- Hidden job market top tips
- Financial support for first month in work
- WorkStar created and updated to monitor soft skills
- In-work support for the first 6 months

HOW DO I REFER?

Email: employability@catch-22.org.uk with your details, and one of our Employment Advisors will call you back.

www.catch-22.org.uk/services/future-pathway

GRID FOR GOOD



From National Grid

OVERVIEW

Grid for Good supports young people from disadvantaged backgrounds into careers in the energy industry.

WHO'S IT FOR?

Age: 16-30

Location: Nationwide

Programme length: 12-week career mentoring programme plus 2 weeks work experience

Employment status: Participants should be seeking work

WHAT DO PARTICIPANTS GET?

- Engaging insight events to inform young people about National Grid and the wider energy industry
- Peer networking and industry taster sessions as part of team building exercises
- Work readiness training
- Access to job opportunities – including apprenticeships and internships – within the energy industry
- Strong alumni support network for people who have been through the programme.

HOW DO I REFER?

Email: employability@catch-22.org.uk with your details, and one of our Employment Advisors will call you back.

www.catch-22.org.uk/services/grid-for-good

BARCLAYS LIFESKILLS



OVERVIEW

Barclays Lifeskills is a fully-funded socially responsible employment programme that supports individuals who have faced barriers to work, into a job or apprenticeship.

WHO'S IT FOR?

Age: 16+

Location: Liverpool, London, Manchester

Programme length: Up to 12 months support

Employment status: Participants should face at least one barrier to work

WHAT DO PARTICIPANTS GET?

- One to one mentoring with a personal advisor
- Motivation and confidence building
- Job search and application support
- CV writing and interview preparation
- Mock interviews
- Training and supported entry into apprenticeships and employment
- Signposting to support services
- In-work support and coaching

HOW DO I REFER?

Visit: www.catch-22.org.uk/services/Barclays-lifeskills and complete the short referral form

CREATING OPPORTUNITIES



OVERVIEW

Creating opportunities helps young people find training, apprenticeship or employment-related opportunities to progress towards the future they want.

The programme, delivered in partnership by Catch22, The Prince's Trust and Apprentice Nation, offers tailored support from a dedicated Careers Coach, who works with each young person to design a pathway to their personal goal – whatever that might be.

WHO'S IT FOR?

Age: 16-25

Location: Birmingham, Bradford, Croydon, Hackney, Kingston upon Hull, Lambeth, Leeds, Liverpool, Manchester, Newham, Sandwell, Wolverhampton

Programme length: No limit – but includes up to 6 months in-work support

Employment status: The programme is designed to support young people at risk of serious violence.

WHAT DO PARTICIPANTS GET?

- One-to-one support from a dedicated Careers Coach to help identify and achieve goals
- A personalised support package: featuring a range of tailored workshops, to help with employability skills, job search skills, work experience; agency, self-efficacy, goal setting and the resilience to achieve it; vocational and basic skills; and addressing barriers including health and wellbeing, independent living, housing, and developing life skills
- Priority access to all the existing programmes that Catch22 and The Prince's Trust currently offer, including employability support, mentoring and entrepreneurship
- Exclusive rewards through Apprentice Nation's online platform, offering on-demand content and live webinars from popular artists such as Ghetts, Young T & Bugsey, Ray BLK and IAMDDB
- Access to our directory of opportunities, including national and local jobs, work experience, Kickstart, apprenticeships, traineeships and training courses

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CREATING OPPORTUNITIES (continued)



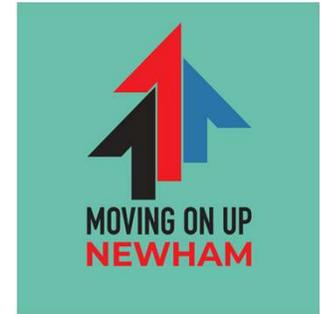
WHAT DO PARTICIPANTS GET?

- Financial support with a personalised budget to power the career goals of every participant
- Mental wellbeing support through the SHOUT texting service
- Referrals to other services which address personal challenges
- 6 months of ongoing support in your new job, apprenticeship or course

HOW DO I REFER?

Visit: [Visit Creating Opportunities: Client Referral Form](#)
- Catch22 (catch-22.org.uk) (to refer a young person)
or [Creating Opportunities: Young Person's Self-Referral Form](#) - Catch22 (catch-22.org.uk) (to refer yourself) and complete the short referral form.

MOVING ON UP



OVERVIEW

Moving on Up Newham (MoU) aims to support young black men achieve their career aspirations by providing training, networking and employment opportunities. In partnership with a selection of employers, training organisations, and individual mentors, MoU ensures that young people are placed only in jobs linked to their career aspirations.

WHO'S IT FOR ?

Age: Young black man aged 16-24

Location: Newham

Employment status:

- Employed but seeking training & opportunities that will enable them to progress in their career
- Unemployed and seeking skills that will make them employable
- Seeking mentoring or career development support

WHAT DO PARTICIPANTS GET?

Moving on Up offers:

- 1-2-1 career support & advice
- Personal development workshops
- CV reviews & practice interviews
- Career-based professional mentors
- Access to live jobs & paid opportunities.

HOW DO I REFER?

Email: chi.kavindele@community-links.org to express interest.