

## Northern Directions

Northern Directions is a Groundwork Charity programme that helps young people aged 16-24 living in Newcastle, Northumberland and North Tyneside, that are not in education, employment, or training,

Young people get personalised support from youth coaches and skills tutors to:

- build confidence,
- understand and support barriers to education, employment or training- such as mental health or other personal challenges.
- access to free courses, skills and training
- get guidance and experiences to move into training, education, or employment.

Northern Directions is provided by [Groundwork North East and Cumbria](#)

Last updated: September 2, 2024

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**Telephone:** 07977260624

**Website:** <https://www.groundwork.org.uk/projects/northern-directions/#:~:text=Northern%20Directions%20aims%20to%20specifically,employment%20path%20for%2>

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