



SUPPORT TRAINING OPPORTUNITIES

TEL: 0300 303 1190

EMAIL: FOYERINFO@SHROPSHIREHOUSING.ORG.UK

WEB: WWW.LUDLOWFOYER.CO.UK



Ludlow Foyer is a housing project which provides accommodation, support and training for young people.

Residents and other young people who access our service are given support and training to help them to become independent, confident and skilled.

Individual support is also offered to each person, tailored to their needs, to help boost confidence, keep healthy, manage relationships, help with employment, access health services, deal with debt etc.



To find out more drop in any Tuesday between 10-3pm or contact us using the details below.



Call 0300 303 1190
or Email foyerinfo@shropshirehousing.org.uk
www.ludlowfoyer.co.uk

Marstons Mill, Portcullis Lane, Ludlow SY8 1PZ

We run regular training courses and activities that all young people over 16 in the area can join in with. These include:

- Cooking skills/catering events
- Managing money
- Healthy eating
- Drugs and alcohol awareness
- Sexual health awareness
- Fire safety training
- Managing a tenancy/home finding
- Applying for college courses
- Walks and outings
- Computer skills
- Cycle club
- Digital photography
- Anger management
- Healthy relationships
- Keeping safe
- Art and crafts
- Applying for jobs and preparing for interviews
- Visits to employers/local workplaces
- ...and many more!