



Embark on a Journey of Personal Discovery

- Individual & Small group sessions
- Online Centre for Training
- Employment Support CV & Jobs club
- IT Facilities & Instruction
- Self Help Groups
- Explorer's Lounge
- Community Network



Destinations

www.destinations-saltburn.co.uk

"I have achieved such a lot"
"I am able to apply for jobs online"
"I never thought I could learn so much"

Doorways,
 partnered with
 Destinations, an
 Internet Café and Online
 training centre.

Between us we
 offer support
 to all ages.



The focus of our work is 5 Ways to Well-being.

Monday - Friday 9:30 to 4:30

First floor, Destinations Café
 14 Station Street, Saltburn TS12 1AE

 01287 236006 / 626432

 07548650205

 info@door-ways.co.uk

 www.door-ways.co.uk

 @DoorwaysYouth @Destinations14

Funded by:



LLOYDS BANK FOUNDATION
 England & Wales 



Together we
 make things
 happen



First floor, Destinations Café
 14 Station Street, Saltburn, TS12 1AE



Enabling Change in Young People

Young People's Support
Managing Stress & Emotions
5 Ways to Well-being
Mindfulness – Quiet Space
Resilience – Creative Space
Outreach – Schools & the Streets
Network with other services

 **Facebook**
Redcar and Cleveland Job site

 **Employment**
www.doorwaysyp.wixsite.com/employment

*“They gave me confidence”
“It was like a door opening”
“I became aware of possibilities”*



My Well-being

Well-being comprises two main elements:

- *Feeling good and functioning well.*

When we increase our well-being, this in turn improves our:

- *Health*
- *Mental ability*
- *Sense of awareness*
- *Choices and achievement*

Enabling change in outlook and ability to set positive outcomes.

 Check your well-being levels at our website: www.dw2wellbeing.co.uk

The 5 Ways to Well-being

1 Connect

Think of these as the cornerstones of your life, invest time in developing them. Building these connections will support and enrich you every day.

2 Be Active

Exercising helps you feel good. Discover a physical exercise that you enjoy, and that suits your level of mobility and fitness.

3 Take Notice

Thinking about your experiences, will help you recognise and appreciate what is important to you.

4 Learning

Learning new things will enable you feel more confident, opening your mind to new ideas as well as having fun!

5 Give

Seeing yourself and your happiness linked to a wider community, can be incredibly rewarding and creates connections with other people around you.

*“Now I feel able to face the future”
“I can take pride in what I do”*

