

Southwark

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# About One Southwark

**One Southwark is a programme created to support young people in Southwark who want to grow, build confidence, overcome challenges, and move towards a future that feels meaningful to them.**

## What We Do

We support young people aged **16–25** from under-represented communities to:

- Access opportunities they might not normally hear about
- Build positive networks and supportive relationships
- Grow in confidence and develop practical skills
- Move closer to meaningful employment, education, or training

We also work with local organisations, employers, and community partners to help them recognise the talent and potential young people have and to change the way they support and engage with them.

## Why We Exist

Many young people in Southwark face challenges with:

- **Employment**
- **Housing**
- **Mental wellbeing**

These pressures can make it difficult to take the next step, even when someone is motivated and trying hard. One Southwark helps level the playing field by offering personalised support and a strong network. Young people get space to explore options, set their own goals, and define success in a way that feels right for them.

## How the Programme Works

Every young person receives **intensive, person-centred support**, including:

- One-to-one coaching and regular check-ins
- Financial support to remove practical barriers
- Access to training, work experience, and local opportunities
- Mentoring or accredited learning options
- Connections to specialists and career networks

## Our Impact So Far

Since 2022, **40 young people** have completed the programme, many moving into work, training, education, or new opportunities they hadn't previously considered.

# How we support young people



## What We Do

Everything we do is based on the young person's goals, strengths, and circumstances. The programme helps them build confidence, overcome barriers, and make real progress.

## Goal Setting and Progress Check-Ins

When someone joins, they complete two simple assessments (Outcome Star and WEMWBS) with the Programme Coordinator.

These help identify priorities and shape personalised goals.

Goals are revisited halfway through the year and again at 12 months so young people can see their progress clearly.

## Monthly Support Meetings

Each month, young people meet with the Programme Coordinator to reflect on:

- What's going well
- What's challenging
- What support is needed next

If helpful, mentors or other support people can join. The aim is to build a strong circle around each young person.

## Opportunity Brokering

As young people discover their interests, the team uses the wider Network to connect them with real opportunities across Southwark – from work experience and training to meeting professionals in careers they're curious about.

## Mentoring

Every young person on the programme is matched with a professional mentor connected to their goals.

Mentors meet with young people **every two weeks for six months**, offering guidance, encouragement, and real-world insight into their chosen field.

This is a core part of the programme and is required for all members.

## Work Experience or Accredited Training

In addition to mentoring, young people can choose one of the following development options:

### Option A: One-Week Work Experience

A short placement with one of our Southwark-based partners, giving hands-on experience, confidence, workplace insight, and stronger CV skills.

### Option B: Accredited Training Course

A recognised training course that builds skills, improves employability, and supports the young person's long-term goals.

Young people select the option that best fits their interests, needs, and future plans – and they continue receiving full programme support whichever route they choose.

## Skills Workshops

Young people take part in monthly workshops covering:

- Communication and interpersonal skills
- Confidence and wellbeing
- Money management
- Networking and relationship-building
- Topic areas chosen directly from young people's feedback

Workshops are practical, fun, and designed to build real-world skills.

# Eligibility

Young people must be:



**Aged 16-25**



**Living in Southwark and  
in need of additional support**



**Able to commit to the programme  
(check-ins, workshops, opportunities)**



**Ready to work on an area of development  
(e.g., employment, education, wellbeing, business)**

Eligibility is reviewed case-by-case after an initial conversation.



# Application

We recruit **20 young people each year**, with additional opportunities available for non-programme applicants.

## Next Recruitment Period

**12pm, Mon 11th May 2026 - 6pm, Fri 26th June 2026**

The application process has three stages:

### Round 1: Application Submission

Applicants complete the online form and submit a personal statement:

- In a **3-minute video**, or
- A **1-page written statement**

### Round 2: Connecting Meeting

A relaxed 45-minute virtual chat with the team to learn more about:

- The applicant
- Their goals
- Whether the programme is the right fit

***This is not an interview.*** Applicants receive a decision within 2 days.

### Round 3: Connecting Session (Activity Taster Day)

A full-day session (10am–4pm) with activities run by local partners.

This gives applicants a feel for the workshops and community they'd be joining.

# Selection

#### A small panel of:

- An assortment of staff
- Community partners
- Alumni

#### Young people are selected based on:

- Their needs
- Whether we can offer meaningful support
- Their engagement during the Connecting Session

**The aim is fairness, transparency, and supporting those who would benefit most.**

# Additional Programme Information

## Safeguarding and Engagement

All staff and volunteers:

- Must have an **up-to-date DBS**
- Complete full induction and safeguarding training

Restrictions apply for volunteers without a valid DBS.

Sessions include a mix of:

- Risk-assessed **in-person** activities
- Secure **virtual** sessions (Teams/Zoom)

## Pathway Meeting

Every 4 weeks, members meet with the programme team to:

- Review goals
- Identify support needs
- Discuss use of the Personal Support Grant
- Strengthen circles of support
- Address challenges or changes in circumstances

Young people can also contact the team anytime between meetings.

## Skill Workshops (Monthly)

Workshops run from **September to August** each year, covering:

- Communication
- Wellbeing
- Financial skills
- Networking
- Additional topics chosen by young people

## Personal Support Grant (£1500)

Used to remove practical barriers, such as:

- Travel
- Food and subsistence
- Childcare
- Equipment and technology
- Personal development
- Other essential needs agreed in advance

Grants can be accessed through:

1. **Bank Transfer** (3 working days)
2. **Programme Purchase on your behalf**
3. **Reimbursement** (with prior approval)

The team supports members with budgeting and planning.

# End of Programme Options

Young people can choose from:

## Alumni Programme

- Up to 3 touchpoints per year
- Continued access to the Network
- Opportunities and updates (No grant funding.)

## Ambassador Roles

Paid or voluntary opportunities to represent the programme.  
Flexible and optional.

## Referral to Other Services

Support transitioning to other programmes or services


## Full Programme Exit

No further engagement or contact if preferred.






# Contact Us

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 One Southwark

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Tap below or scan  
the QR code to start  
your application

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