

<b>Organisation / Service &amp; Address</b>	<b>St Giles Trust, Choice Project 30 Richmond Road, Cardiff CF24 3AS</b>
<b>Contact Details</b>	<b>Jess Bertini Tel: 029 2049 6363 Email: <a href="mailto:Choices.cardiff@stgilestrust.org.uk">Choices.cardiff@stgilestrust.org.uk</a></b>
<b>Skills Offered</b>	The young people helped through Choices have a range of support needs including a history of offending, homelessness, family breakdown, leaving care or being young carers and parents who are not studying or working. The support on offer typically involves a mix of practical and emotional support to help young people overcome any barrier which might be holding them back. This includes help with motivational skills, identifying goals and practical help with issues such as CVs, job-searching, preparing for interviews and looking for education, training, volunteering and work placements. The young people supported through Choices typically have a range of other needs with which also need to be supported in order to help them move their forward. These including housing, financial problems, Family issues and health needs. Choices caseworkers offer intensive and friendly support to help them address each issue.
<b>Age</b>	<b>16-24</b>
<b>Cost</b>	<b>No</b>
<b>Tier</b>	<b>2, 3</b>
<b>Progression</b>	Progression is monitored through the programme, referrals are accepted.