



Doorways



Our project is based in Saltburn and reaches out to young people in

East Cleveland. A registered charity, established in 1998 as Saltburn Christian Projects. Doorways is partnered with “Destinations,” an Internet Café and Online training centre. Between us both, we offer support and activities to all ages.



Funded by The Big Lottery, Reaching Communities fund. The focus of our work is “5 Ways to Well-being.”

Our aim is to increase people’s wellbeing, which in turn improves their Health, mental ability, sense of awareness, choices and achievement; enabling change in outlook and an ability to set positive outcomes for themselves, their families and the community.

Our focus is not so much on the activities - more on the ethos of 5 ways to well-being. The outcomes from any activity will be greater. Part of the project, is to display the importance of:

“It’s not the what that we do - it’s the why that we do it.”

Increasing my well-being:

Improves my health – I have more energy.

Greater mental ability – helps me think more clearly.

Stronger sense of awareness – I think better of myself,
this helps me to manage my Stress &, Emotions.

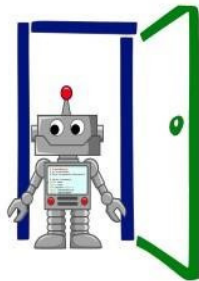
Changes my outlook – I can make better choices.

Activities



Three routes around Saltburn, from basic to advanced. Go at your own speed and see the difference it makes.

Code Changers



Discovering a new language can be fun. Sending instructions to a digital circuit.

We also, have built in code, a list of instructions that we follow;

often without thinking.

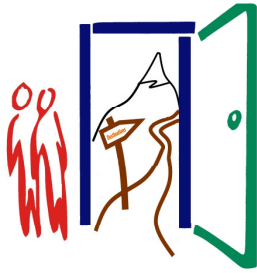


An opportunity to exchange books, and chat about the books you have enjoyed.

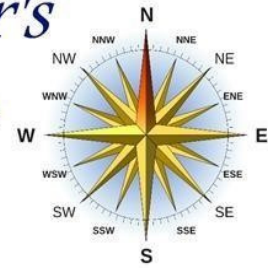
The Heroes journey – Change occurs when we begin to believe that change can happen. This programme leads us through a process, that can become reality.

Life-Skills Labyrinth – travel through an interactive website. Collect skills as you go. Free to use:

<http://doorwaysyp.wixsite.com/life>



Explorer's Lounge



It's easier when you have a "How to"

Explorer's Lounge is a room, set aside to enable discovery. Not a Hi-tech space, but a place to relax – meet with others; or find yourself on a journey of discovery. Not everything is on Google or YouTube, and sometimes we don't even know the question. Settling into the quiet, it's surprising just what comes out in conversation – which can lead to significant steps.

Step into a space, where you can:

- ❖ Discover new directions
- ❖ Unravel a mystery
- ❖ Uncover something useful Set a plan
- ❖ Find a "How to"

Virtual space

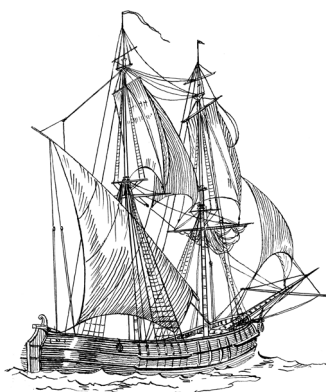
Connect through our website, email or message.

We value your thoughts, comments and ideas.

Let us know what works for you, your new learning, connections or activities.

We will post them here, for others to enjoy.

What things interest you? - Can't find an answer?



Ask Away!

Support & Development – One 2 one & Small groups

Perceptions – Not everything is as it seems. We shape things we see and hear to suit how we feel. It helps to see things sooner, rather than later; before I put my foot in it!

Discovering Identity – Self-awareness / personal development. When I look in the mirror, who do I see, who do others see. How do I improve my self-confidence?

Where do I fit in?

Mindfulness – A practice of being aware of things around us, and how we feel. Simple techniques we can use to increase our well-being.

The Money in my pocket – Budgeting skills, the difference between Wants and Needs. Keeping a roof over my head.

Homelessness – Doorways are partnered with Centrepoint UK, and work closely with RCBC & other agencies.

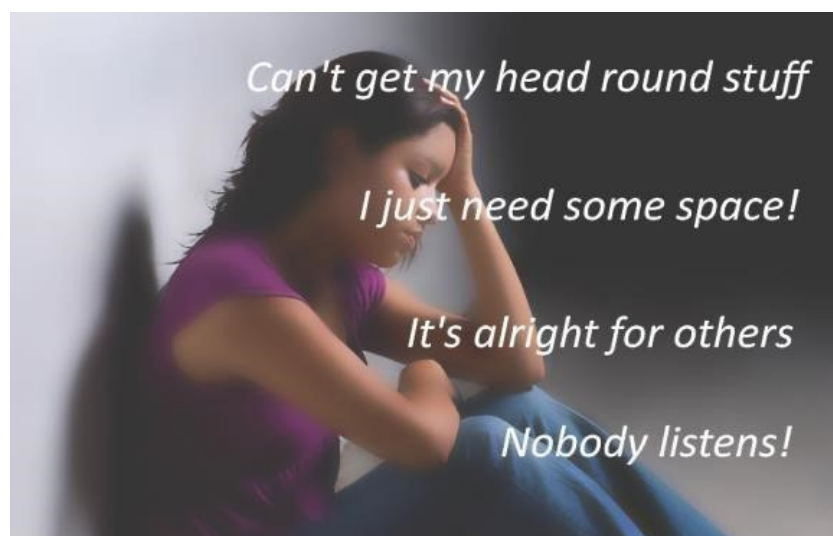
Listening –

Information

Advice

Guidance

Joint agency
networking



Qualified staff are here to help.

5 Ways to Well-being

Well-being website:

www.dw2wellbieng.co.uk



Being aware of the responsibility for my own well-being. A level of happiness and contentment.

Keep Learning

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

Give

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

Connect

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

Be Active

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

Take Notice

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

Unemployment

A large part of our project for all ages, is support into employment. Creating a CV, choosing a career and job searching. Our Facebook page “Redcar and Cleveland Job Site” is very popular – our website also has lots of hints & tips.

<http://doorwaysp.wixsite.com/doorways>



Depending on what you want to catch, you need the right bait; to be in the right place and set your hook at the right level.

A lot of patience is necessary, and a determination to keep casting out.

Get to know the signs; listen to the hints and tips of those who have fished these waters.

Facebook site: Redcar and Cleveland Jobs

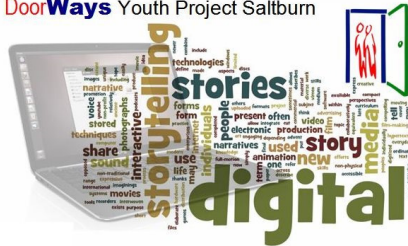
https://www.facebook.com/RedcarClevelandJobSite/?ref=aymt_homepage_panel

DOORS OPEN

Here to help.

Activities

DoorWays Youth Project Saltburn

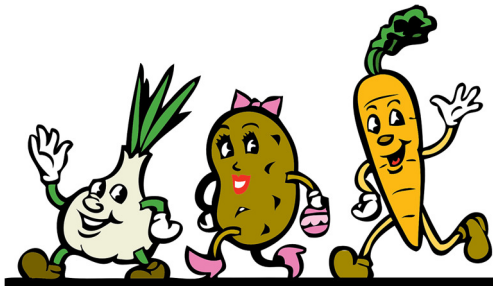


Creating digital stories and learning about my digital footprint – increasing my digital skills.



Photography & Filming
Capturing the moment.
Things of beauty – as you see them.

Taste the difference.



Cooking on a budget, and being healthy.

Craft Work – People sharing their skills, have a go, its relaxing and you get to keep what you make.

Board games, doodle, chat:

Sometimes it's good to just sit for a while.

Whatever you prefer – We are keen to hear from you!

Call us— in whichever way is good for you. ...





Door Ways

Enabling Change in Young People

Partnered with

–



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Find us also on Twitter – Facebook & Google Our project welcomes: Self-referral & referrals from other agencies. We also regard ourselves as a Drop-in project.

Encouraging community involvement.

Destinations are an Online training centre

UK onlinecentres™

More learning opportunities!

DOORS OPEN



Saltburn Christian Projects. Charity No: 1070063