

# The Looking Forward Project

## This research is for:

- Young women aged 16-25 years
- Not in education, employment or training (NEET)
- Living in Sussex, Kent, or Norfolk



## What is it about?

We are testing a new public health programme to help young woman who are NEET develop a hopeful mindset, identify future goals, and make positive plans.

## What is involved?

Young women will try out a version of the programme, complete assessments at three timepoints, and be offered three x £20 vouchers.



## Want to know more?

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