

Find out more about **Skills for Life Programme**  
and the activities by contacting your nearest AFCO below

**Wales and West Midlands**

Armed Forces Careers Office Gloucester (Royal Air Force)  
Railway House East, Bruton Way,  
Gloucester GL1 1DG  
Tel: 01452 501636  
Email: AFCOgloucester-MOTADMIN@mod.uk

**South Wales & South West**

Armed Forces Careers Office (RAF) REDRUTH,  
Cornwall TR15 2BY  
Tel: 01209 310909  
Mob: 07760 990669  
Email: AFCORedruth-rom@mod.uk

**South East (North)**

Hilltop House, Building 170, Bonham Carter Road,  
RAF Halton, Aylesbury HP22 5PG  
Tel: 01296 696773/01296 656908  
Email: HAL-CareersSCEAssistant@mod.uk

**South East (South)**

3 Dock Road, Chatham, Kent ME4 4SJ  
Tel: 01634 813096/01634 845285  
Email: AFCOChatham-RAF-Outreach@mod.uk

**North West**

Royal Air Force North West Outreach Centre  
Aintree Barracks, Long Lane, Walton L9 7AT Tel: 0151 522 6644  
Email: AFCOLiverpool-rafoutreachassist@mod.uk

**North East & Cumbria**

AFCO Newcastle, HMS Calliope  
South Shore Road, Gateshead, Tyne & Wear NE8 2BE  
Tel: 01914902013  
Email: AFCONewcastle-CLOASST@mod.uk

**Scotland**

AFCO Glasgow, Charlotte House,  
78 Queens Street, Glasgow, Lanarkshire G1 3DN  
Tel: 0141 224 5753  
Email: AFCOGlasgow-RAF-Groupmailbox@mod.uk

**East Midlands & East Anglia Careers Liaison Office,**

3 Collyweston Road,  
RAF Wittering, Cambs PE8 6HB  
Tel: 01780 417439  
Fax: 01780 781252  
Email: WIT-GMBCareersLiaisonOffice@mod.uk

**Northern Ireland**

AFCO Belfast (RAF), Place Barracks,  
Holywood, Co Down BT18 9RA  
Tel: 02890 421730  
Email: AFCOBelfast-RAF-Groupmailbox@mod.uk

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## Skills for Life Programme

Skills for Life Programme is an activities programme designed by the Royal Air Force to help young people improve confidence, teamwork and leadership skills.





## About the Skills for Life Programme

Our trained RAF staff are able to deliver a number of activities within schools or colleges for students aged 14 to 18. All of our activities are designed to improve confidence, teamwork and leadership skills but above all are designed to be fun.

Our activities are risk-assessed, inclusive, free of charge and our staff are self-sufficient in terms of set-up and delivery.

## Teaching about the World of Work



## Building Teamwork Skills



## Improving Communication Skills

### 1 Operation X

An interactive, table-top classroom exercise based on a humanitarian mission. The exercise is designed for 14 – 18 year olds with differing levels of complexity. All students will have the opportunity to get involved and take part in the mission.

### 2 Careers Presentation

Developed to raise awareness of the opportunities within the RAF. Presentations cover the wide variety of jobs available in the RAF as well as apprenticeships, training and benefits.

### 3 STEM Activities

Activities and exercises that reflect the role of Science, Technology, Engineering and Maths in many RAF career choices, delivered by our trained recruiters and STEM ambassadors.

### 4 Personal Development Training

Practical exercises with an emphasis on developing teamwork and communication skills. These sessions are tailored to your requirements and use of a gym or sports field is required. In addition our trained interviewers are able to deliver an interview skills workshop that includes practice interviews and gives students job-seeking skills.