# 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 SPG Tel: 01296 696773/01296 656908 Email: HAL-CareersSCE0Assistant@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



# **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.

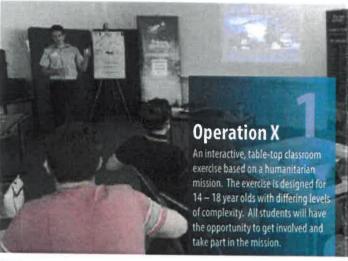


## ROYAL AIR FORCE REGULAR & RESERVE

## **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**