

# WEARENCES



**ROBINS  
FOUNDATION**

## Open to ALL experiences



Are you aged 16-17? Do you want to become a better version of yourself? A stronger, more confident, resilient you?

**ELEVATE** is a **FREE** 12-week programme designed to give you the tools to thrive in today's fast-paced world.

It's not just a programme; it's a *movement*, an invitation to rise above limitations and embrace boundless vitality. This is your time to shine, define your path, and embrace a vibrant, resilient, and confident you, one. Empowering. Step. at. a. time.



### About Bristol City Robins Foundation

The official charity of Bristol City utilises the inspirational power of football and the club badge to build lasting relationships and improve lives in the local community.

**Ashton Gate Stadium,  
Ashton Road, Bristol, BS3  
2EJ**

Questions? Contact Kai Long for more info at [kai.long@bcfc.oc.uk](mailto:kai.long@bcfc.oc.uk)

[wearences.com](http://wearences.com)

**0117 929 2513**

### Key themes and activities

- **IMPROVE** your physical & mental health
- **GAIN** essential life skills & increase independence
- **BOOST** your confidence
- **ACCESS** a range of opportunities to support self-development & career aspirations
- **CULTIVATE** healthy habits
- **GIVE BACK** to your community

### When and Where?

- **HARTCLIFFE - MERCHANTS ACADEMY**

STARTING ON: Tuesday 12<sup>th</sup> September 4-6pm  
DURATION: 12 weeks

- **KNOWLE WEST - HENGROVE LEISURE CENTRE**

STARTING ON: Wednesday 13<sup>th</sup> September 4-6pm  
DURATION: 12 weeks

- **CENTRAL - CITY ACADEMY**

STARTING ON: Thursday 14<sup>th</sup> September 4-6pm  
DURATION: 12 weeks