

Fast Forward promotes health and well-being through education by, with and for young people



## Who we are

Welcome to Fast Forward. We are a national voluntary organisation based in Edinburgh and we promote health and well-being, through education by, with and for young people.

## What we do

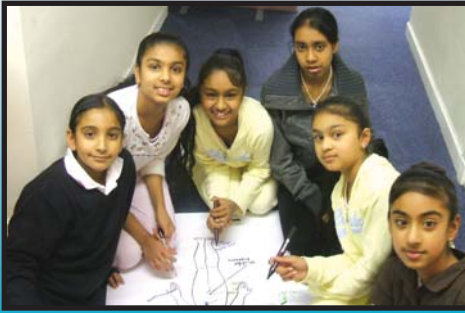
We have been active for over twenty years and our areas of work include:

- developing and promoting peer education
- delivering substance misuse education and prevention (drugs, alcohol and tobacco)
- providing volunteering opportunities for young people
- engaging young people in all aspects of health and well-being
- supporting capacity building in communities and agencies
- providing training to adults, practitioners and young people
- developing and producing innovative resources and publications



## How we work

At Fast Forward we aim to help organisations and individuals to build and sustain work that will contribute to long-term positive change for young people and the communities they are part of. Through training and consultancy work we provide individuals and organisations with the knowledge and skills to develop health education with young people.



Our approach is always to involve young people in the work we do. Through listening to, and engaging with, young people we gain important insights into their needs and concerns. We believe that youth work and volunteering often enhances the lives of young people and can positively support their health, well-being and personal development. Fast Forward provides young people with positive messages to support them in making the right choices for their lives.

### **At Fast Forward we aim**

- To engage with and empower young people to take responsibility for their own health and well-being
- To develop the skills, knowledge and understanding of practitioners working with young people
- To work with and support parents, carers and communities on issues of young people's health and substance misuse.
- To inform policy and to disseminate good practice.

### **How we can make a difference**

Our work is focused on making a difference; producing positive outcomes for those we work with. These are diverse and change with time, needs and the client groups we are working with. Some of the outcomes that Fast Forward works to produce are:

### **For young people**

- Increased confidence, skills and knowledge to make positive decisions in relation to their health, particularly in their drug, alcohol and tobacco use
- Increased participation and engagement in society as citizens.

### **For parents and practitioners**

- Greater skills, knowledge and understanding of issues relating to young people, substance misuse and health
- Increased confidence in tackling substance issues with young people.

### **For peer education**

- Increased understanding and use of peer education within communities

### **For policy makers**

- Increased understanding of practice issues in youthwork, health and substance misuse issues

### **What else can we offer?**

Fast Forward offers a wide range of training, which can be tailored to your needs. Training can be delivered in Edinburgh or at locations throughout Scotland.

Work can be commissioned on a wide range of issues involving young people. Fast Forward can provide consultancy and advice to support the setting up of new projects or offer assistance in project delivery.



More information on all our services, volunteering opportunities, booking forms for training and publication order forms are available on our website at [www.fastforward.org.uk](http://www.fastforward.org.uk)

### **How to contact us**

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