

Leave your limits behind with **The Duke of Edinburgh's Award**

The Duke of Edinburgh (DofE) Award is the perfect way to try new things, meet new people, discover new skills and talents, give to your community, feel more confident, recognise your potential, boost your wellbeing – and know that nothing can hold you back.

What's involved?

There are three levels of Award – Bronze, Silver and Gold. For each one you need to complete four sections – Volunteering, Physical, Skills, and the Expedition. For Gold, you also need to complete a five-day residential. What you do is up to you. From surfing to salsa dancing, coding to candle making, bee keeping to BMXing – it's your call.

Who's it for?

Everyone! DofE is non-competitive and everyone aged 14-24 is welcome – whatever your interests, background, and abilities. It's about finding the confidence to be yourself, and knowing that when things get tough, you can find a way through.

If you want to do DofE, get in touch with Gav or Charlie

