

Unemployed and looking to return to work? Email or call us for an informal chat or book straight onto one of our fully government funded courses – FREE for those in receipt of benefit.

Our Skills Workshops @ The Pad

Compass - Begin Your Journey
2 Days

Don't know where to start in your search for work? This workshop helps you explore your skills and find the right career path for you, creating a mini action plan to help you move forward.

It's My Life - Wellbeing
1 day a week for 6 weeks

This supportive group workshop will help you understand your barriers and move towards managing your physical and emotional health. You'll get tips to build your confidence and communication skills and learn how to live a healthier, happier lifestyle.

'Find A Job' – moving on from UJM

Find a job

This short workshop introduces you to the new 'Find A Job' website which will replace your Universal Job Match account. Learn how to register, set up searches and move your CV and Cover letter from UJM to the new website.

Community Learning Group

We offer a variety of workshops on Thursday afternoons – these could include crafts, gardening, IT Skills and more. Ask for details in centre.

We also offer National Careers Service Information Advice & Guidance Sessions.

An hour of 1:1 impartial Careers information advice and guidance, including CV and Job Search advice. Please ask for more details, as places must be booked in advance.

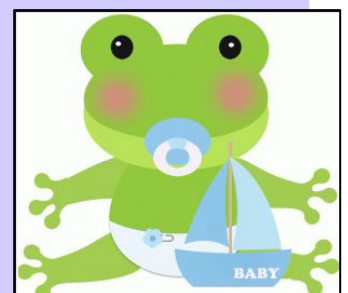
Frogs & Tadpoles

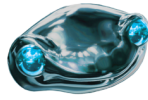
A weekly social group, empowering you to be the parent you want to be!

Meet other mums and mums-to-be, take part in fun activities and get support with the things that make a real difference to your life in a safe, supportive and non-judgmental environment.

Enjoy a friendly and relaxed vibe, with soft drinks, cakes and healthy alternatives provided.

It's all about you!



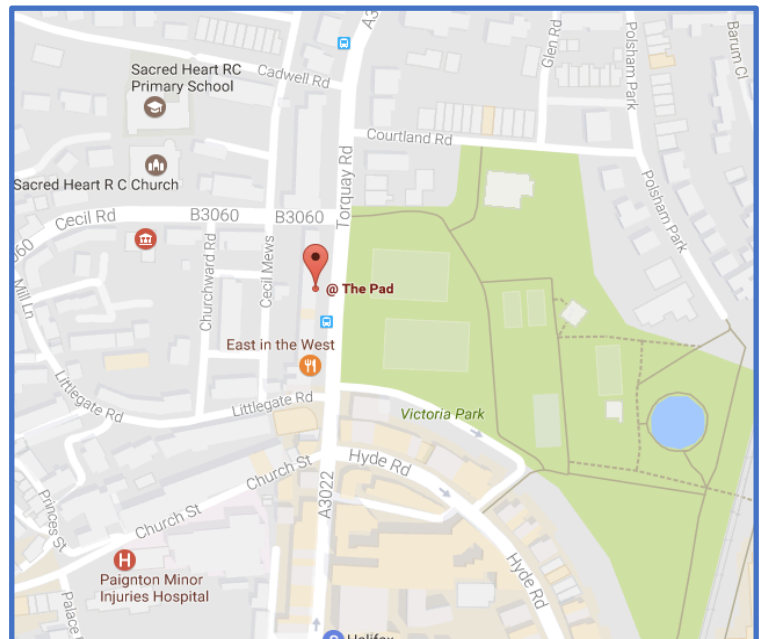


Timetable @ The Pad

Date	Course	Tutor
Mondays - AM	Work Club/ IAG pre-booked appointments	Tania
Mondays - PM	Coming in July!!! Frogs & Tadpoles Group (10.30 - 2.00pm)	Ella
Tuesdays	5 th June – 10 th July: It's My Life - Wellbeing	Tania
Wednesdays	29 th May: Compass Course	Tania
	27 th June: Compass Course	Tania
	25 th July: Compass Course	Tania
Thursdays - AM	Work Club / IAG pre-booked appointments	Tania
Thursdays - PM	Community Group Learning (1 - 4pm)	Tania
	24 th May: 'Find A Job' Workshop – changeover from UJM	Gill
	31 st May: 'Find A Job' Workshop – changeover from UJM	Gill
Fridays	Over 50s Lunchclub	N/A

A warm welcome awaits you....

- ✓ Courses usually run from 9.30am – 4.00pm unless otherwise stated (please check when booking)
- ✓ During Workclub opening hours, you can access our computers and wi-fi for jobsearch, research, applying for jobs online etc.
- ✓ Sessions include free tea and coffee.
- ✓ Small group sizes in our friendly community training centre.
- ✓ Easy access from local bus links



Our tutors look forward to meeting you soon. Take the leap!