



## Hopeful Families Newsletter

Hello and welcome to our Hopeful Families newsletter. The newsletter is for all our partners across Kirklees to find out more about us and to update you with all our news, events and information.

### **Who we are?**

The Hopeful Families programme is an innovative and flexible community programme designed to help individuals break down the barriers preventing individuals from finding work or accessing training or education. We support individuals to overcome the barriers and challenges often faced in finding employment or accessing education. Our programme is tailored to individual needs and includes help with personal development, health and wellbeing as well as developing essential life-skills to help individuals realise and achieve their goals and aspirations. One to one support is provided through our Family Mentors and Progression Coach.

### **Ways in which we can help and support:**

Help with daily life and life skills, this includes advice on housing, money/debt, childcare, parenting, healthy eating, leisure, relationships, anger-management, mental health and much more including:

Help to manage health and wellbeing including healthy living, health conditions and anxiety.

Access to benefits and financial advice.

Help to access training and education, anything from basic skills to vocational and professional qualifications.

Help with digital technology – including computers and the internet.

Help to prepare for work with a variety of support from our job clubs or volunteering and work trials so individuals can try out jobs and gain experience. Job search, preparing CVs, applications and interview practice.

### **Contact us:**

To find out more about how we can help or to make a referral, please contact a member of our team on 01484 519988.



Hopeful Families has had a very busy summer working with families across Kirklees, the summer holidays kicked off with a Family fun day held in partnership with Kirklees College. The event was held on Wednesday 7<sup>th</sup> August which coincided nicely with National Play Day!

Families were treated to some exciting FREE family entertainment including face painting, competitions, games, animal visits and much, much more. Alongside all the fun, families were able to visit one of the many information stands dotted around the hall these included Yorkshire Children's Centre, KAL, Women's Centre, LAB Project, Richmond Fellowship, KNH and many more.

## Take A Look.... Upcoming Courses 2019/2020

### Computer Confidence

4 Week course at Jo Cox House, Batley

11<sup>th</sup> November – 2<sup>nd</sup> December 2019. From 9:30am – 11:30am

On successful completion of this course learners can move on to an accredited Level 1 I.T course starting 9<sup>th</sup> December 2019

**Suitable for all levels and abilities covering areas including Email & Internet, Overview of Microsoft Packages, File management etc.**

Hopeful Families offers opportunities to build hope, confidence and skills for people who are not in work. It is funded by the European Social Fund and the National Lottery Community Fund.



## **Level 3 Award – Emergency First Aid at Work**

1 Day course at Brian Jackson House, Huddersfield  
19<sup>th</sup> November 2019. From 9:30am - 4:30pm

1 Day course at Jo Cox House, Batley  
26<sup>th</sup> February 2020. From 9:30am – 4:30pm

**This course is designed for individuals who wish to act as an emergency first aider in the workplace.**

## **Level 1 Extended Vocational in Health and Social Care**

6 week Course every Wednesday at Jo Cox House, Batley  
8<sup>th</sup> January – 12<sup>th</sup> February 2020. From 10:00am – 1:00pm

**You will learn: Awareness of Safeguarding, communication within a Health & Social care setting, Equality inclusion and much more – this course is perfect for anyone wanting a career in a Health & Social care environment.**

## **S.T.E.P.S Confidence Course**

10 week course every Tuesday in partnership with The Women's Centre, Huddersfield  
21<sup>st</sup> January – 31<sup>st</sup> March 2020. From 12:30pm – 2:30pm

**A 10 week programme designed to increase self-confidence and self-belief giving an insight into how the mind works and how relationships with family, friends and colleagues can be improved.**

## **Employability Course**

4 Week course at Brian Jackson House, Huddersfield  
14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> January, 4<sup>th</sup> February 2020. From 9:30am – 12:30pm

**Learn all about barriers to work and what are transferable skills, cover letters & CV's, interview techniques and the hidden job market including effective job searching.**

