



## LOCAL HELP FOR UNEMPLOYED

*'Hope at CORE'*

Are you unemployed, looking to find your first job, returning to the labour market, seeking a change of job or have an idea for self-employment? The CORE Centre is running a Work Club to assist people to get into or back to work. CORE is working in partnership with Job Centre Plus, Nottinghamshire County Council and Hope Training Projects to provide facilities for a successful Work Club.



For the past year we have supported an experienced facilitator, Tim Cusworth, of Hope Training Projects, who already runs successful Work Clubs elsewhere. Importantly, Tim has helped the members of the Work Club themselves to shape the style and format of the Club. Tim responds and tailors the topics dealt with to the needs of the members. Above all, we aim to empower members to gain an edge when applying for jobs.

Work Clubs are not for profit and are free to those attending. Members are encouraged to share their own experiences and exchange skills and tips and support each other. There may be tears and disappointments but also celebrations when members achieve their goals and we are proud and excited to announce a 40% success rate in helping people into jobs since January 2012. Tim helps build confidence and suggests options to increase skills. Every attendee has one-to-one guidance and the opportunity to practise interview techniques.

Meetings are at CORE, a handy and central venue in St Wilfrid's Square, Calverton. They will find

opportunities, make contacts, receive help with preparing a good CV, write covering letters, fill in application forms, learn interview techniques, send emails to companies, and have access to local job opportunities and job searching online. Online recruitment is a growing area for employers to use. Tim is also keen to help disadvantaged people who may have a disability, health issues, be single parents or have other problems relating to getting into work. He is able to give one-to-one help with basic literacy.

Lorna says "Tim has helped me with Literacy & Numeracy, tailoring my CV, researching self employment and is even helping with my business plan"

Neena says "I am successfully in employment thanks to the support of everyone at CORE, particularly Tim."

Michael says "I appreciate your help and use of facilities. I have gained confidence and am improving my chances of employment".

Debi says "Thank you for your help and advice. Thanks to your guidance on researching Higher Education, I shall be enrolling on a Teaching course very soon."

So go on – give it a try. **Start your New Year with Hope at CORE.** Work Club hours are between 11.30 am and 2.00 pm on Mondays and Thursdays.

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