






# STRONGER FAMILIES

Building a future together



The Stronger Families programme helps and supports families in Bradford and Leeds who have barriers to accessing education, gaining skills for work or finding employment



Stronger Families is part of the Building Better Opportunities programme, and is funded by the European Social Fund and The National Lottery Community Fund.

# EMPLOYMENT SUPPORT AS UNIQUE AS YOU ARE

The Stronger Families Programme is delivered by experienced organisations in your community.

## How can I get this support?

To be eligible you must have at least one dependent child (who does not have to live in the same household), have the right to work in the UK and not be in work. Childcare and travel expenses are available to help you access the support.

## CONTACT US

### LEEDS

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### BRADFORD

#### Hub Manager: Rebecca Wilkins

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W [www.barnardos.org.uk/what-we-do/services/bradford-stronger-families](http://www.barnardos.org.uk/what-we-do/services/bradford-stronger-families)

M 07894 708 337

You will have a worker who can  
**SUPPORT YOU** 

## The Programme includes...

### Health & Well-being Support:

- Confidence building
- Building and maintaining social relationships
- Mindfulness sessions
- Leading a healthy lifestyle
- General health and well-being support
- Signposting to parenting support
- Signposting and referrals to support groups and activities

### Employability & Skills Building:

- Volunteering opportunities and job search
- Information, advice and guidance
- Education and training opportunities
- Provide job application support
- Training opportunities including; literacy and numeracy, ESOL & IT
- In work communication and skills building
- Digital inclusion (e.g. IT skills, job searches)

### Financial Inclusion Support:

- Debt advice and support
- Financial planning and budgeting (linking with healthy lifestyle sessions e.g. cooking on a budget).
- Signposting and advice on benefits and housing

City of Bradford MDC

[www.bradford.gov.uk](http://www.bradford.gov.uk)

