

Client: Bournemouth Churches Housing Association
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Free workshops

FREE workshops are taking place for anyone who is unemployed or at risk of losing their job.

Bournemouth Churches Housing Association (BCHA) will host two courses to boost self-esteem, break free from benefit support and get back into work as part of its Ignite Programme.

'Skills for Work' will run over four weeks and will begin on Monday from 9.30pm until 1pm.

Topics include confidence building, effective communication, job applications and interview techniques as well as an induction to work and how to improve performance in the workplace.

The six-week course 'Ignite West Howe' will begin on Thursday, February 23 from 10am until 1pm.

The workshops include confidence building, personal development, money skills, emotional wellbeing and goal setting.

Jamie Clarke, Ignite Lead Development Coach and Lead, said: "Anyone over the age of 19 who is currently unemployed, or who is at risk of losing their job, is eligible for Ignite. As well as these courses, Ignite offers a range of other workshops for people to choose from, which are all tailored to build someone's self-esteem and confidence, and to support people to achieve their goals."

BCHA is a Bournemouth-based specialist housing and social care provider, which helps homeless and vulnerable people.

For information about the courses, go to bcha.org.uk or call 01202 410500.