



# 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



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

# 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, 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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## 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 including mental health needs

### Employability & Skills Building:

- Links to employers across Leeds & Bradford to provide work experience and placement opportunities
- Volunteering opportunities
- Work taster visits
- 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).
- Support and advice with benefits and housing

City of Bradford MDC

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

