



Step Up with Accelerate

**If you need to study when
the kids are asleep -
remote learning is for you!**

Step Up is designed especially for
parents with pre-school age children
and is split into two sections
First of all we need to get to know you
then we can help by:

**Building your Confidence and Skills
Preparing you for work**



**If you're currently not employed we can help to support
you online to find a FREE course that will make the best
of your skills and time when planning your future.**

We are a FREE support service, thanks to funding from The National
Lottery Community Fund and the European Social Fund



www.accelerate.org.uk

info@accelerate.org.uk

024 76633911



**COMMUNITY
FUND**



European Union
European
Social Fund



Getting to Know You

You will meet your Journey Guide who will ask you what you want to achieve and how we can make that happen for you, we'll then send you a booklet of all our courses and offers so you can choose your path and your Journey Guide will advise and support you.

Building Confidence and Skills

This is where your Step Up programme really starts, you will get support with confidence and motivation and how to make positive changes. We also give you budgeting support to help you sort out your money.

This is where you can complete the free courses that will help you to get work when you're ready to.



Planning for work

When you're ready, we'll help you to write a CV (with your new course certificates on it!), show you some really effective job search techniques and give you some online interview practice.

All our online learning and support is FREE and completed at your own pace

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