

# Work, Skills & Wellbeing for all.

## A better future for you. A better future for Medway.



<p><b><u>CARERS FIRST</u></b> Digital Champions</p>	<p>Are you a Carer aged 16 to 24 who's passionate about digital skills? Sign up to become a Digital Champion and get a free tablet and digital skills training.</p>	<p>nikki.brooker@carersfirst.org.uk 07449 888431</p>
<p><b><u>KENT ASSOCIATION FOR THE BLIND</u></b> Sight Impairment Skills Sessions</p>	<p>Skills sessions supporting sight impaired people to return to learning, try new activities and gain skills and experience – e.g., art skills, touch typing skills, physical activity skills</p>	<p>katherine.barr@kab.org.uk 01622 691 457</p>
<p><b><u>HOME-START</u></b> Support For Your Family</p>	<p>Are you a family with a child/ren aged 0 to 8? Home-Start can help you with your finances, bills, benefits and find work.</p>	<p>manager@home-startmedway.org.uk 01634 570717</p>
<p><b><u>CENTRE FOR INDEPENDENT LIVING KENT</u></b> Work Readiness &amp; Support for Disabled People</p>	<p>Do you live with a long-term health condition or disability? CiLK are a disability led organisation that can help you find work that's right for you.</p>	<p>medwaytogether@ciik.org.uk 01233 633187</p>
<p><b><u>MEDWAY DIVERSITY FORUM</u></b> Skills &amp; Jobs for British Ethnic Minority young people</p>	<p>Are you 18-25yo? The 'Creating Life Chances' course will give you essential skills to impress employers and get a well-paid job in Hospitality &amp; Catering in Medway.</p>	<p>office@memf.co.uk 078755 03708</p>
<p><b><u>MID KENT COLLEGE</u></b> Get Connected: Training &amp; Work Placements for young people</p>	<p>Training &amp; work placements for 18 to 24 yo. Get Connected with the Logistics, Care or Construction Industries in Medway.</p>	<p>tammy.whiteman@midkent.ac.uk 01622 624996</p>
<p><b><u>CAP ENTERPRISE</u></b> Women's Enterprise &amp; Personal Development</p>	<p>Women are eligible for courses on developing key work skills or learning about enterprise.</p>	<p>info@capenterprise.co.uk 01622 890968</p>
<p><b><u>CAP ENTERPRISE</u></b> Be Your Own Boss</p>	<p>Sign up to this 2-hour session and map out what future career you want and how to get there.</p>	<p>info@capenterprise.co.uk 01622 890968</p>
<p><b><u>GREAT LEAPS</u></b> Woodland Health &amp; Wellbeing</p>	<p>Sign up for a free woodland wellbeing session. Go for a stroll, clear your head, and speak your mind over a cup of tea.</p>	<p>graeme@greatleaps.co.uk 07799135930</p>
<p><b><u>WHOO CARES</u></b> Making A Difference</p>	<p>Support your community whilst learning new skills to boost your employability prospects.</p>	<p>lucia@whoocares.org.uk volunteer@whoocares.org.uk 01634 272138</p>

All Medway residents are eligible for our free range of services.