



Life can be tough

Want to take back control of your life?
Make your future your own with the people at...

My Future

Training



Guidance

Advice

Job Search

- ★ Confidential and independent employment guidance, training and support to help you get back into work
- ★ Training in ICT through the CLAiT qualification (up to Level 2)
- ★ Support towards travel costs

Can I join?

To be eligible for the project you must meet all of the criteria below:

- ★ Have had, or still are experiencing **mental health** problems
and
- ★ Be in receipt of a **disability related benefit** (e.g. DLA or Incapacity Benefit)
and
- ★ Be unemployed
and
- ★ Live in **Croydon**
and
- ★ Be **18 years old or over**



Where is it?

Training takes place in Thornton Heath:

- ★ Beulah Family Church, Beulah Crescent, Thornton Heath, CR7 8JL (10 minute walk, or number 450 bus, from Thornton Heath Rail Station)

What now?

Call **0207 326 5460** today for a friendly chat about the course

Or email your details and questions to newstart@sharecommunity.org.uk

The **My Future project** is delivered by **SHARE Community** and funded by the **London Councils** and the **European Social Fund**.



For more information about SHARE Community, visit our website: www.sharecommunity.org.uk. We are a registered charity (264894)