



LAB

DO YOU WANT TO DEVELOP YOUR
CONFIDENCE IN A CREATIVE &
SUPPORTIVE ENVIRONMENT?

IF YOU ARE 19+ AND
UNEMPLOYED, THIS COULD
BE THE COURSE FOR YOU

£50 VOUCHER ON
COMPLETION

"OUTSTANDING." OFSTED

“THE LAB HAS GIVEN ME CONFIDENCE, SELF-BELIEF, SELF-ESTEEM, A ROUTINE AND A LOT OF HOPE FOR MY FUTURE.” LAB Participant

▶ LEARN
▶ ACHIEVE
▶ BELIEVE

**TRAINING COURSES
DESIGNED TO HELP
GIVE YOU THE
SKILLS YOU NEED TO
PROGRESS...**

LAB EMPLOYABILITY

A TWO WEEK COURSE TO HELP YOU GAIN EMPLOYMENT

LAB WELLBEING

A WEEK LONG COURSE TO HELP IMPROVE YOUR MENTAL HEALTH

LAB VOLUNTEERING

FIND A VOLUNTEER PLACEMENT IN A WEEK & THE SKILLS YOU NEED TO SUCCEED

LAB ONLINE

FOR PEOPLE WHO CAN'T ACCESS IN PERSON COURSES

LAB UP

A SHORT TASTER SESSION TO INTRODUCE YOU TO OUR WAY OF WORKING

New courses starting all the time, get in touch for details:

MANCHESTER: MANCHESTERLAB@PROPERJOB.ORG.UK TESS - 07754 854 528 / LISA - 07716 638 754

KIRKLEES & CALDERDALE: ENGAGEMENT@PROPERJOB.ORG.UK MELISSA - 07368 291 874



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