

LAB

**PROJECTS TO IMPROVE CONFIDENCE,
EMPLOYABILITY SKILLS & WELLBEING**



Wherever we are in life LAB tools can enhance our way forward and give a stepping stone to progress a little or a lot. I really wish I'd done it years ago.

Online LAB learner



European Union

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ABOUT OUR PROJECTS

Proper Job Theatre Company was established in 1985 as a touring theatre company. We still hold true to our beginnings in drama and theatre, which continue to influence all our projects. Our courses all have their roots in creativity, which makes the learning fun and active.



Our learners are not expected to be interested in drama or even want to be involved with anything to do with theatre; we offer everything through our 'Challenge by Choice' model, where we invite everyone we work with to choose to actively take part in order to improve themselves.



LAB

PROJECT

THE LAB PROJECT is a two-week course that improves confidence and helps people make connections with the ultimate aim of moving people towards employment. The project has been running successfully since 1993 and focuses on improving communication skills and other skills transferable to any employment situation. Learners completing The LAB Project can gain a level 1 in progression. All learners are contacted 6 and 12 weeks after completing the course to see if they need any additional support.



This is the best thing to do if you're at a point in life where you're not sure what you're doing or are struggling. It really builds confidence and helps you to understand yourself and others better.

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WELLBEING

LAB WELLBEING is designed to help people with mild to moderate mental health conditions. We have structured the course on **New Economics Foundation's 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give**. Learners also benefit from being with like-minded people and peer support.

LAB Wellbeing is often the first steps to a more positive and brighter future.



The sessions are really useful and appreciated because they helped me plan my future and deal with any obstacles that may come up.



LAB > VOLUNTEERING

We recognise how important volunteering is to progressing people into work, as a way of staying connected and improving mental health. To this end we offer our volunteering course, which gives learners all the skills they need to successfully volunteer with any organisation. We will also help each learner find a volunteering position that suits them.



After being a participant and volunteering on The LAB Project I have gained a new sense of who I am and what I'm capable of. My confidence increased immediately and I have gone on to do other training and volunteer work with Lifeline Kirklees as a Community and Recovery Champion.



LAB ONLINE

As soon as the pandemic hit we moved all our courses online. We can now offer any of our programmes as online courses, with the same outcomes and progression.



I didn't have proper broadband before, but I got it installed and this is the first time I've got properly involved in the internet. I feel like now is the time to learn and these sessions have motivated me to do that.



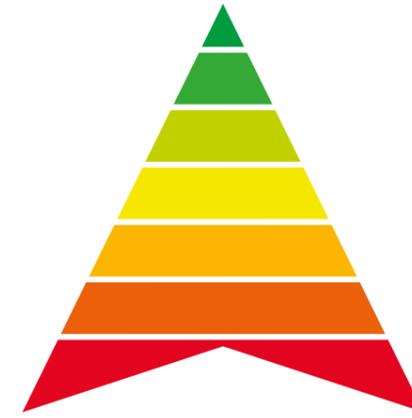


We understand that enrolling onto any course can be difficult, therefore we offer weekly taster sessions where you can try things out, ask any questions and help you feel supported and confident to join the course of your choice.

Weekly hour-long sessions, online.



I have to say I get something out of every session. It's always worth the effort and time I give it.



PROGRESS & REFRESH

This fortnightly session is all about helping learners to progress. At the end of any Lab course learners will set themselves goals and a pathway they wish to follow after the course. All learners are then invited back to our Progress and Refresh sessions to offer more support to help learners achieve these goals. Alternatively, learners can tell their peers what they have achieved and how they feel about that; it's a really lovely session to be part of.



I still focus on these models which are helping me keep on track with my ongoing challenge; which is to make healthier choices when shopping and consume more fruit and vegetables. I am doing this and am feeling rejuvenated both mentally and physically.

WORKS BETTER.



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For our Kirklees learners we can also offer one to one support to overcome barriers to employment through our Works Better programme. We can support you with:

- Claiming benefits
- Developing new skills through online learning
- Updating your CV
- Advice and guidance on a new career
- Help you move back into work



My experience with Works Better has been extremely rewarding as I feel that without John (Key Worker) I wouldn't have been able to find myself a job: not just a job; but one that suits me and all my needs after being out of work for a short while. My confidence was very low and you have helped build that. Thank you for your on going support.



ELIGIBILITY AND CONTACT DETAILS

To be eligible for our course you need to:

- Be 19+
- Be unemployed
- Have Manchester, Calderdale or Kirklees postcode

Our courses will help you if:

- You are looking to make a change
- You are stuck in a rut
- You suffer from mild to moderate mental health conditions, such as mild depression or anxiety
- Have challenges you wish to overcome
- You would like to connect with other people
- You would like to improve your self-esteem and motivation
- Would like help to progress onto employment, volunteering or other progression routes

If you are interested, you can find out more [here](#)

If you live in Kirklees contact Audrey@properjob.org.uk / 07716 638762
or Melissa - engagement@properjob.org.uk / 07368 291874

If you live in Manchester contact Tess@properjob.org.uk / 07754 854528
or Lauren@properjob.org.uk / 07864 382414

If you live in Calderdale contact Phoebe@properjob.org.uk / 07716 638757
or Melissa - engagement@properjob.org.uk / 07368 291874

For Works Better (Kirklees only) contact Dave@properjob.org.uk / 07498 856 170

SOCIAL IMPACT

AS A RESULT OF THE SESSIONS:

91%

of participants move from inactivity to employment, education or volunteering

94%

of participants say the Lab has changed their lives in a positive way

84%

say they would recommend Proper Job to a friend

87%

of participants report a positive change in their wellbeing

34%

of participants are from black and other minority backgrounds

**FOR EVERY £1 SPENT ON OUR COURSES,
WE GENERATE £23 OF SOCIAL IMPACT**



Proper Job play a crucial role in achieving better health outcomes for participants of their projects, particularly around improving their resilience and emotional health and wellbeing. This contributes to the goals of the local Health and Wellbeing Strategy which are improving health and reducing inequality. Proper Job are a hugely valuable resource for our residents.



As well as our adult education courses, Proper Job tour theatre productions that inspire and challenge. We seek to make work that comments on society, provokes discussion and change. We specialise in the Russian theatre technique developed by Meyerhold early in the 20th century; Theatrical Biomechanics which we use to create dynamic and visually stunning work.

Proper Job are also proud to support emerging artists wherever possible through our many projects, offering free rehearsal space and one to one mentoring. For more information:

<https://www.properjob.org.uk/current-productions>

<https://www.properjob.org.uk/biomechanics>

