



Building Better Opportunities: Getting Cumbria to Work (BBO GCtW) September/October 2020 Newsletter

Building Better Opportunities: Getting Cumbria to Work (BBO GCtW) Project is (still) open for business! If you are currently not working; are 18 years and over; and/or live in Barrow or South Lakeland, then we can provide you with FREE advice and tailored support to help you achieve your employment goals!!

To find out more, please contact Lisa Nicholson, Project Administrator on 07462 055134 or one of the BBO GCtW project partners

Update on the BBO GCtW Project

It is hard to imagine that the BBO GCtW project is nearing its final stages of delivery, but the good news is- that the project can continue delivery to participants until mid-February 2021. So, there is still lots of time to access the project and take some positive steps to support your future goals.

The project has been running since 2017 and during that time has worked in partnership with a range of different organisations including delivery partners – Right2Work, Cadas, Women’s Community Matters, The Well Communities, Imagine Independence and the former South Lakeland Mind – and specialist support providers including Skills Shop, Signal Film and Media UK Opportunities and Autus.

These organisations have provided a backbone of support to over 362 local participants (Barrow and South Lakeland) helping them to overcome personal and professional obstacles and barriers to improve and enhance their job readiness. This support has been provided in many ways including group meetings and 1:1s; advice and support to help develop future plans; activities to build self-esteem and confidence; relaxation programmes to reduce stress and anxiety; workshops to enhance knowledge and help build CVs; job search programmes; training to provide skills towards possible future employment and much more.

Currently this support continues as the programme enters its final chapter, finding new and innovative ways of adapting and tailoring support to overcome the increasingly challenging barriers of COVID-19.

BBO GCtW Project Activities

New Online BBO GCtW Job Fair Friday 13 November 2020, 1pm – 3pm via Zoom

After Cadas ran a successful virtual job fair last month, this month sees a second BBO GCtW online Job Fair.

This event fair will take place on Friday 13th November 2020 (via Zoom) and is aimed at both current and new BBO GCtW participants, and anyone else who wishes to sign up. It is being run by the Well Communities and will provide access to information and advice and will cover topics such as:

- what employers look for in candidates
- employment after prison
- what makes a good employee
- money management.

To book your place, please call Sam Davidson on 01229 829832.

Successful Virtual Job Fair

The virtual Job Fair took place on 21 October and was hosted by Cadas. This event had a dual purpose; to enable those looking for work to engage with employers and get more information on the sector they were interested in and to enable employers and representatives of industry to share information and perhaps dispel some myths about working in their chosen sector.

It was particularly targeted at current and former BBO GCtW participants but was also able to be offered to the general public through the use on an online platform due to ongoing Covid 19 restrictions (which reduced the need to restrict numbers).

The day was divided into two sessions and each session began with introductions from the attending presenters giving them an opportunity to share a little about the organisation/business/sector they were representing. This was followed by all attendees being separated into break out rooms with the presenter from their sector of choice/s.

Attendees were given an opportunity to attend two sessions with two different presenters to maximise the knowledge they could gain from the day. They were also offered the option to follow up with any presenters they had found particularly useful &/or informative following the event

Feedback from presenters and attendees on the day was very positive and Cadas would definitely consider hosting a similar event in the future but perhaps after COVID-19 when we are able to host a live event.



Spotlight on 'Right2Work'



Ann and Maria
Right2Work
Key Workers



Right2Work (R2W) is a growing and thriving organisation that carries out an increasingly diverse range of activities from a well organised and bustling centre. Right2Work are a Community Interest Company (CIC) and are part of the Oaklea Trust (Oaklea Group) – as such it is in a fantastic position to further expand and develop.

The long-term strategy is built around three key elements:

- Community
- Learning
- Wellbeing

R2W have various delivery arms, including 'Work & Learn', which the BBO GCtW team are part of.

Right2Work BBO GCtW team aim to help you feel better about yourself and improve your confidence; providing support to help improve skills and/or get new ones; try new activities and gain experiences – all helping towards getting (back) into work.

Right2Work provide FREE advice and support. Help available includes:

- One-to-one or group support
- Mentoring
- Training
- Work experience
- Volunteering and much more

Right2Work pride themselves on helping and assisting people into and back into work, over the duration of the BBO GCtW programme they have so far assisted 38 people into employment and 15 people into further training.

BBO GCtW Success Story

A woman from Barrow in Furness says the Building Better Opportunities Getting Cumbria to Work project (BBO GCtW) has helped her find a purpose and put a road map in place to achieve her career goals.

Lina Harb Tyson said she had felt *'a bit lost'* after moving to the United Kingdom from Lebanon and having a new baby. But BBO GCtW had offered her invaluable advice and support and she was now hoping to find paid work and also set up her own interpreting business. She said that, after having her child, her priorities changed.

"I was doing a PhD in Human Resources at Lancaster but I decided to withdraw," said Lina.

"I started doing interpreting in Barrow for refugees from Syria and Iraq on a voluntary basis."

Ideally, she wanted to find a full-time or part-time job in either Human Resources or social care and to do some paid and voluntary interpreting work as well. However, she realised she needed more qualifications to achieve these goals. And that is where BBO GCtW has been able to help.

Lina had been going weekly to a mums' group and other groups run by Barrow Women's Community Matters, one of the BBO GCtW partners. The organisation is run by women, for women. It offers a wide range of courses, support groups, activities and appointments and aims to support women with anything they may need, including benefits, housing, mental wellbeing, employment, education and social activities.

"Barrow Women's Community Matters made me feel very welcome from the start and I made a lot of connections and friends by going there," said Lina.

"At the time it was very good for my mental health because it is quite isolating having a baby and not having many friends in this area. The organisation helped me quite a lot with the social aspects of my life."

Lina first heard about BBO GCtW from its project manager Natalia Wealleans-Turner, who is also chairperson of the Furness Multi Cultural Community Forum and volunteers with Furness Refugee Support.

"I met Nat there and she told me about the BBO GCtW programme," said Lina.

"When I asked about it at Barrow Women's Community Matters Lynne Shaw, who is its project worker with BBO GCtW, told me more about the programme."

The COVID-19 pandemic delayed matters a little but eventually Lina had assessments with Lynne and Natalia and became a participant. Lina was full of praise for the help and support given by BBO GCtW.

BBO GCtW Success Story Continued....

“I knew what I wanted but some of their questions helped me decide even more what I wanted,” she said.

“I wanted to take a Level 3 course in Community Interpreting and I discussed it with BBO GCtW and they funded the course. I have passed all the assignments and assessments up to this point.

They have also funded me to take a Level 6 Diploma in Public Service Interpreting course.

“I am planning to set up my own business doing remote freelance interpreting because in Barrow there are not enough Arabic speakers who need interpreting services. However, working remotely would allow me to also access people all over the country.

“I am still looking for social care or Human Resources work and BBO GCtW has guided me to look into some courses. They also signed me up for a mental health first aid course to give me additional skills and knowledge within the social care world.”

In addition, BBO GCtW has paid for a block of driving lessons for Lina and for her driving theory and full test, as being able to drive will improve her employment prospects. Lynne Shaw said Lina had been a pleasure to work with.

“She has been really keen to work on personal development,” she said. Lina paid tribute to the help she had received from the BBO GCtW project.

“They helped me get back on my feet,” she said.



BBO GCtW Participant - Lina Harb Tyson

Quiz Links

Weekly Quiz: As you'll know if you're a regular to our Facebook page, our administrator Lisa creates a quiz for both BBO GcTW participants and staff alike, many subjects have been covered but if you have any suggestions please contact us at BBO GcTW as she's always up for the challenge of researching a new topic.

Here are some to test your mettle!!

It's an Ology!

<https://forms.office.com/Pages/ResponsePage.aspx?id=gUJrO8lbmU-AXDk4f3htLaM2DMexuUJLk3eKGIRL0LdUQzhCSDZSQTIRNkJFMkVHMjY0QkU4MTkyTC4u>

Dog Quiz

<https://forms.office.com/Pages/ResponsePage.aspx?id=gUJrO8lbmU-AXDk4f3htLaM2DMexuUJLk3eKGIRL0LdURTIENVhRS1I2OFpKRkczSE9SSDBLUUhNOS4u>

Food

<https://forms.office.com/Pages/ResponsePage.aspx?id=gUJrO8lbmU-AXDk4f3htLaM2DMexuUJLk3eKGIRL0LdUM1FNNFJZNIUwTVYzRjFTMjRUSFZITIBZUC4u>

Human Body

<https://forms.office.com/Pages/ResponsePage.aspx?id=gUJrO8lbmU-AXDk4f3htLaM2DMexuUJLk3eKGIRL0LdUNUxKRzNKMUVS1oySEFFSkNBMVZDTkICNi4u>

If you would like to become involved in any of our activities, or have suggestions for new ones please head over to our website www.gettingcumbriatowork.org.uk to find out more.

With COVID-19 continuing to rise locally and the current lockdown here is a reminder on some important and essential tips on staying safe (see overleaf)

Staying Safe in Your BBO GcTW 1-1 Indoor Session



Your BBO Key Worker will allocate you an appointment date and time. Please arrive on time to your appointment following all instructions. Your Key Worker will follow their organisation's Corona virus policies to keep everyone safe.



If you or someone in your household is feeling unwell, please let your BBO Key Worker know and we will rearrange your session

Please wear a face mask due to being inside (medical exemptions apply)



Please wash your hands before, during and after the session and use the hand gel provided



2 Metres



Please keep 2 metres distance between you and your BBO Key Worker and follow governments guidance about social distancing whilst inside

Please listen and follow all instructions given to you by your Key Worker to keep you safe
www.gov.uk/coronavirus



Staying Safe in Your BBO GcTW 1-1 or Small Group Outdoor Session



Your BBO Key Worker will meet you at a mutually agreed outdoor location
Your Key Worker will follow their organisation's Corona Virus polices to keep everyone safe



If you or someone in your household is feeling unwell, please let your BBO Key Worker know and we will rearrange your session

Please wash your hands before, during and after the session and use the hand gel provided



Please keep 2 metres distance between you and your BBO Key Worker and follow governments guidance about social distancing

Please cover your mouth if you cough or sneeze and wear a face mask if appropriate



Listen to and follow Government Corona Virus Guidance
www.gov.uk/coronavirus



COVID-19 and Community Support:

COVID-19 is still very much at the centre of all our lives and that's why our Key Workers can often be seen as a lifeline to the people they help/support. The Key Workers are on hand to provide support to you through these unprecedented times.

Here are some further resources for you to access if you need support, remember you are not alone:

- Victim Support www.victimsupport.org.uk 0808 16 89 111
- Cruse Bereavement www.cruse.org.uk 0808 808 1677
- Cumbria County Council www.cumbria.gov.uk 0800 783 1966

Here are some further websites for keeping busy, not only supporting your mental health but increasing your skill set for future opportunities:

Health and Wellbeing

- <https://www.anxietyuk.org.uk/coronanxiety-support-resources/>
- www.samaritans.org
- <https://www.mind.org.uk/>
- <https://www.thecalmzone.net/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- <https://www.mentalhealth.org.uk/>

Adult Learning

- www.cumbria.gov.uk/learningandskills/
- www.reed.co.uk/courses/free
- www.oxfordhomestudy.com/free-online-courses-with-certificates

Something for the kids

- www.bbc.co.uk/cbeebies

BBO GCtW Partners

To access support and/or to get involved with this project, please contact:

- Cumbria Alcohol and Drug Advisory Service (CADAS)
www.cadas.co.uk
- The Well Communities
www.thewellcommunities.co.uk
- Women's Community Matters
www.womenscommunitymatters.org
- Right2Work
www.right2work.org.uk



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