



*are you a lone parent?
looking for fresh ideas?*

inspire

*interested in retraining or
finding a job that's right for you?*

**Inspire is a two week course specially
designed for lone parents:**

- boost your confidence with salon treatments, pampering sessions and image makeovers
- expand your skills with short courses in IT, customer service, food hygiene, First Aid for Children and many more
- get help and advice from people who can help you to realise your future goals
- find suitable jobs with understanding employers
- discover how you and your family can cook and eat healthy on a budget
- travel expenses and childcare costs paid
- ask about free driving lessons
- and much more!

inspire

courses are held at a venue near you

call 0151 922 5500

or ask your JobCentre Plus Advisor for details



Crosby
training

your future...your choice

