

BUILDING FUTURES - BACK THIS SEPTEMBER!

Contact Justina for a chat at Bolster
Community on 028 3083 5764
or email justina@bolstercommunity.org

READY FOR A CHANGE? JOIN US!

Building Futures is a programme designed by women, for women who are looking at a fresh start and want to eventually return to employment. We have courses running throughout Newry,

Mourne & Down over the coming months, starting September, so please do contact Justina or Tracy at Bolster Community for a chat if you'd like to find out more! Please note the eligibility criteria that applies, see below.*



Aine's story

"Having recently retired from a permanent teaching job of 32 years and feeling that I had no future, Bolster and in particular, the Building Futures programme, opened up a new way of life for me...Through these programmes, I have got a joy of life back - there is a whole new world out there for me, not just the caring role for my gorgeous son who has a learning disability. I matter, and I have a role to play in my future. Bring on the next programme!"

*The Building Futures programme is open to women aged 18+, currently unemployed and residing in Newry, Mourne & Down.

ALL COURSES STARTING END SEPT / EARLY OCT

Become a Classroom Assistant (Slieve Gullion)

If you are interested in becoming a **Classroom Assistant**, this bespoke programme will take you through the prep and planning to help you get there. With guest speakers from local schools, Paediatric First Aid, CV prep and mock interviews - you'll be ready to apply for teaching assistant roles. This course also includes an OCN qualification in employability!

Discovering Potential (Slieve Gullion; Downpatrick)

Maybe you'd like to do a little self development, build up some confidence and map out a new path for yourself. Our **Discovering Potential** course is the perfect place to start if you are feeling a little stuck and unsure of what to do!

Do-it-Yourself (Slieve Gullion; Downpatrick; Mayobridge)

If you'd like to pick up new practical skills, get hands on with our **DIY course** from WOMENSTec. Learn DIY and electrical basics, master power tools and joinery skills.

Other options include:

- Time for Me - Introductory/Social event (Slieve Gullion - See over!!)
- Social Media for new business start-ups with Women in Business (Newry)
- Managing personal Finances (Slieve Gullion)
- Parent 'homework' workshops (Slieve Gullion, Newry)
- Mentoring (in person or remote)



BUILDING
FUTURES



Funded by
UK Government

BOLSTER
COMMUNITY

WOMEN'S **T**EC

Women in
Business



Time For Me

at 'Ti Chulainn' Mullaghbawn

WHERE

Ti Chulainn
2 Bog Road
Mullaghbawn
Newry, BT35 9TT

WHEN

Thurs 19th September
10am-Midday

COMPLIMENTARY

Refreshments & morning
snacks will be served
during the event

RSVP REQUIRED

To register your place
contact Justina on
028 3083 5764
OR via email at
justina@bolstercommunity.org

**PLUS, EXCLUSIVE PRIZE
DRAW FOR ATTENDEES ONLY!**

LADIES, YOU ARE INVITED TO JOIN US ON THURS 19TH SEPTEMBER!

The Building Futures programme is back this September and we would love any local ladies in South Armagh, Newry & Surrounds to join us for an relaxed information morning and to find out more about what we have to offer you!

Your hosts are the Building Futures team made up of the women from Bolster Community, Women's Tec and Women in Business!

Come and learn about what we have to offer on the Building Futures Programme and hear from women who have already participated in the programme earlier this year! We promise you a lovely morning.

Whether you like the sound of a little self development, mentoring or any of the other courses on offer, you will hopefully find something that will give you a fresh start this year.

***Please note, this event is for any women out there who are 18+, currently not working and residing in Newry, Mourne & Down. RSVP also required.**

