

MOVING ON PROJECT @ DOWNSHALL

Presents an interactive 12-week programme designed to stimulate, motivate and inspire you to move into education, employment or training!

7th December 2009
Volunteering,
Opportunities to
Add to Your CV

14th December 2009
End of
Programme
Evaluation and
Trip

28th Sept 2009
Taster session,
fun, food, and tell
us what you need!

STARTS HERE!!! ▶

5th October 2009
Dream Job!
Planning Routes
to Get There

12th October 2009
Your Skills and
Motivations

30th November 2009
Training
Opportunities

28th Sept -
14th Dec
2009



Mondays
3pm – 6pm

19th October 2009
CV, Covering
Letter and
Speculative Letter
Writing

23rd November 2009
Making Your
Ideas Happen

26th October 2009
Application
Forms - Top Tips

16th November 2009
Personal Safety

9th November 2009
Starting Work
and Managing
Your Money

2nd November 2009
Interview Skills –
Bag That Job

Get Qualifications

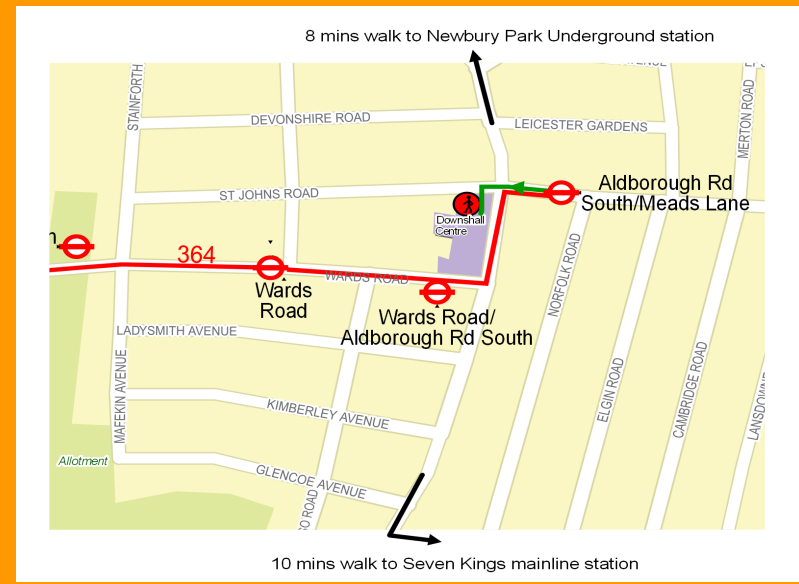


Mondays 3pm – 5.30pm
28th September – 14th December 2009

Free enrolment onto DofE.

Give yourself the chance to raise your job readiness profile. Come and explore the options that Redbridge Youth Service and Connexions have designed for you! On completion of the course we can offer you driving lessons, go on a forklift course or an activity of your choice.

How to find us



Other Activities include:

- **Boxercise / Fitness Sessions**
- **Wall Climbing**
- **Car Building (radio controlled)**
- **MC'ing Song writing Music Tech Sessions**
- **Pool and Table Tennis**
- **Cooking / Healthy Eating**
- **Internet Access**
- **Trips / Expeditions**

(Entrance on St Johns Road)
Aldbrough Road South
Seven Kings
Ilford, Essex
IG3 8HZ
Nearest Tube Station: Newbury Park
Nearest Railway Station: Seven Kings
Bus: 364

For more info contact

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Or

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(Connexions)
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