

New 2010
programmes



 MARKS
& START

MARKS &
SPENCER

Are you a lone parent? Want to return to work?

Would a package of

- work preparation training
- followed by two-weeks' work experience with Marks & Spencer help you to reach that goal?

If the answer is yes
then contact Christina
on 028 9023 1417 or
christina@gingerbreadni.org

gingerbreadni
supporting one parent families

in association with

Possibilities NI
Consultancy
Mentoring
Training



Department for
**Employment
and Learning**
www.delni.gov.uk

Lone parents returning to work

Marks & Start gives the opportunity of work experience to single parents of different ages and walks of life, helping them get ready to access the world of work.

Marks & Spencer is working in partnership with Gingerbread NI and Possibilities NI to deliver 'Lone Parents Returning to Work' as part of Marks & Start, its flagship Corporate Social Responsibility Programme.

We recognise the importance single parents place on giving time to bringing up their children and the challenges of combining parenting with paid work.

We also know that, for many, employment is a positive choice and their best chance of a better future for themselves and their children. Lone Parents Returning to Work aims to ease the transition into work by preparing single parents and ensuring they

know about all the support that could make it possible. This programme is available for single mothers or fathers who want to get back into work.

Lone Parents Returning to Work offers:

work preparation training in week one (within school hours), tailored for lone parents, including:

- confidence building, employability skills, communication, work–life balance;
- information for single parents about tax credits and childcare options;
- referral to organisations who can offer help and advice.

Plus:

- induction training with Marks & Spencer;
- two-week work experience placements, flexible, to fit around school hours;
- buddies – support during placements for single parents;
- meals, travel costs and uniform provided; and
- support – each participant will have access to support via Gingerbread Northern Ireland before, during and after their placement, including a telephone helpline.

We'll also ensure every participant has a strategy and action plan when they leave, which includes links to local agencies for employment guidance or further training.

How single parents will benefit:

- Our programme will help single parents make an informed decision about whether returning to work is right for them.
- It will also prepare single parents for the world of work and refer them to jobs or other training opportunities.

Locations

Belfast and Ballymena area programme
Training:
8th - 11th March 2010

Work experience:
15th - 26th March 2010

- Donegal Place
- Sprucefield Lisburn
- Fairhill Ballymena
- Abbey Centre, Newtonabbey

Who can join the programme?

Single parents with children of school age or younger who have been out of the job market and are actively considering returning to work. Candidates must be eligible to work in Northern Ireland and would be subject to Marks & Spencer selection criteria.

How do you join?

Call Christina on 028 9023 1417 or christina@gingerbreadni.org for more details and she will arrange a one-to-one meeting. We expect demand to be high, so do hurry.