

# Job Buddies - Helping you get back into work



## Job Buddies

Weekly support group to help you back into work

Every Thursday 10 am - 12 pm at the Seaside Community Hub



Mums employability is a project started by HOME (CIC) to help people gain confidence to set into work as well as to build their self-esteem. Everyone is welcome!



Our address:

125 Seaside Community Hub  
Eastbourne  
BN22 7NN



Phone: 07720 854185  
Email: helen@homecic.com  
Website: homecic.com

Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-591526-z>

If you're struggling to get back into work due to the lack of confidence then look no further. This weekly support group is aimed to help you!

We are offering a brand new weekly service with free training programmes and workshops to help everyone from all walks of life increase their options and develop their skills for work and for life. Training will include work-relevant skills, from CV production and job searching skills to interview techniques. We will provide several voluntary work placements within our organisation to ease them back into work, so they can learn about working to deadlines and being part of a team. We will add new elements to the training based on feedback so everyone keeps learning and sharing.

With the training will be a peer support group that meets every week. It will be focus for engagement with new members in our community via HOME, which is well-established locally though its award-winning work. A chance to make new friends with other new members, the group will help to reduce the social isolation they feel and offer practical help with issues such as getting back to work, managing work/life balance and managing family relationships. Those with children will also have the opportunity to make new friends and to feel included as there is a play group available.

You can view more about the project here <https://homecic.com/project/mums-employability/>



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